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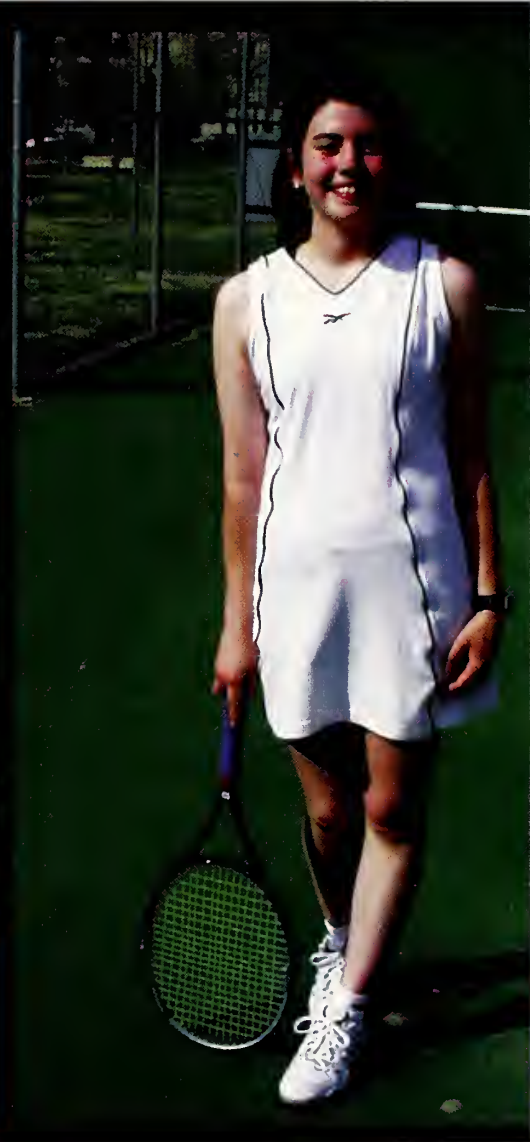
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The Pulse

Student Magazine of Cowley College



Spring 2000



From
Beginning . .

The PULSE

Spring 2000

Dear Students and Staff,

One will get an overdose of spring fever this semester. Sunny days prove torture when there is work to be done and graduation is near. Magazine is on the top of the priority list...when we finish, we can play. Okay, reality is, we play before, during and after we complete this magazine. Magazine class is all about having fun, meeting new friends and coming in a couple of nights a semester to dine on free food. Just when our advisor Dave can't take our happy-go-lucky attitudes, he takes a minute, closes his eyes, folds his hands and unconsciously hums a mantra; a few minutes later he is OK. Big plans take place in the journalism room. A singles' Valentine's party was scheduled and one staff member, Aaron Sutton, was named as King. He proudly wore his crown for two days in many classes. It's amazing how fun this year has been, with so many memories, and it's also amazing how we ever got this thing done.

Sincerely,



Pamela Hann
Editor

Cristy Gragert
Design Editor



Tricia Morgan
Photography Editor

Credits:

Cover Design and Table of Contents
by Cristy Gragert.

Cover and Table of Contents Photos
by Tricia Morgan, Chad Buell, Adrienne Ryel and Aaron Sutton.

The PULSE is the student magazine of Cowley College. It is published once per semester. The magazine is created by students in the Magazine Production class. The staff is responsible for the content and opinions represented in the publication. If you have any questions or comments, please call (316) 441-5287 or write to PULSE Magazine, 125 S. Second St., Arkansas City, KS 67005.

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substance – blood.



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and fly toward the
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Tiger women bring
home third division
crown in a row, while
Tiger men have ups and
downs on their way to a
divisional title.



COMMUNICATING DOORS In Time Twisted

Story by
Rachel
Morrison
& photos
by Tricia
Morgan

The doors of the Regal Hotel opened March 2-4, welcoming the public to experience the spring play "Communicating Doors."

The theme of the play was to sort out the conflict of two women and their former husband. Phoebe, a hooker, played by Molly Schinstock, runs into the path of Reece, played by Levi Gracy, to whom he confesses the murder of his two previous wives.

Mysteriously, Phoebe happens to go back into time 20 years and is able to change events before it is too late. To unscramble the confusion Barbara, played by Samaria Bowling (Reece's second wife), explains in this line: "This is today's paper. This is today's news. Look. This is today's date, Wednesday, October 5, 1979. That is when I am living, I, Barbara Wells. I am Reece's second wife who according to you is dead. Murdered. What is more, I have just ten minutes ago seen Jessica, Reece's first wife, whom you and I both know to be dead – according to me as a result of an accident; according to you, again, murdered."

By the end everything is sorted out and none of the innocent die, and better yet Reece is able to live a better life. Phoebe is able to change her life style as a hooker to being Reece and Barbara's adopted daughter. "Everyone gets what they eventually deserve," said Schinstock. The moral of the story is that it is never too late to change.

There were many students that helped put on the play; however, there weren't many in the cast. Schinstock said, "I'm glad it was a small cast and there weren't bit parts. Our set was so awesome. Our crew was so great, they were so dedicated. We couldn't do anything without them. Some stayed until 3:30 a.m. building on the set."

"It was pretty fun. I liked it. I liked the acting. The set was outstanding. Overall it gets two thumbs up!" said John Vickers, a Cowley student who watched the show. If you measure how well the play goes by the audience's reaction then maybe the standing ovation that this play received says it all.



Above: Jessica, the new bride (Sarah Stueve), jumps 3 feet when she discovers another presence in the room.

Right: Barbara (Samaria Bowling) is disappointed with the lack of response Harold (Tyson Bay) and Jessica give when she tells her story.



ght: The stage crew
takes a much-
deserved break from
constructing the set,
which included a
revolving door

Far right: Harold
yson Bay), the secu-
ty officer, dreams of
his future on his own
ship.



Above: Piled in relief, Jessica (Sarah Stueve), Barbara (Samaria Bowling), and Phoebe (Molly Schinstock) take a moment to recollect themselves.

Left: Julian (Jonathan Fleig) uses force to try and pry the truth out of Phoebe.

Right: Phoebe shows her disgust while digging for the confession Reece (Levi Gracy) has hidden.

Bourbon Street Comes to Second Street



New Orleans' Fat Tuesday becomes Cowley's Fat Saturday

Derek Ringer, Katie Hamilton, and Amanda Anstine give the Jungle a Mardi Gras makeover the week before Homecoming.



Cowley's first Homecoming of the millennium had a New Orleans Mardi Gras flare. The Student Government Association scheduled a variety of festive activities for students.

Karaoke night gave many students a chance to test out their vocal abilities. Then free movie night gave everyone a chance to unwind and ignore the cold February weather.

The window decoration competition for the dorm students was a chance for the student residents to win a pizza. And for those who missed Monday Night Football, there was flag football at the high school field.

The men's and women's basketball teams easily won their games Homecoming night against Labette

College: the guys 72-51 and the ladies 82-31. Because they were the last conference games of the season, both teams claimed conference championships as a result of their wins.

The dance was just as festive as Bourbon Street on its best night. "We had some really cool decorations this year," said Student Government Association President Amanda Anstine.

Of course, Homecoming would not be the same without a king and a queen to reign. This year's royal pair was Amanda Anstine and Scott Keltner.

When asked what he thought his duty as king should be, Keltner said, "To keep people from burning popcorn in the dorms and setting off the fire alarms."

Story by Allie Hilleary

Photos by Levi Gracy, Adrienne Ryel, and Tricia Morgan, and Allie Hilleary



Clockwise from top left:
Dance line sophomores perform during Homecoming game. Students get jiggy at the dance following the game. King and Queen Scott Keltner and Amanda Anstine enjoy their newly acquired crowns at halftime of the men's basketball game. Josh Witte performs at karaoke night, and Monday Night Football makes its debut as a Homecoming week activity.

Members of the audience show support for their favorite performers.

Dan Ferguson performs "Amazing Grace" and "Maybe Someday."



An animated audience stirs up the excitement for their chosen act.



What is there to do with unused talent?

Agreeable Sounds!

Story by Juanita Smith
Photos by Tricia Morgan

The agreed-upon alternative to campus boredom.

Looking for some entertainment on a Friday night?

In the middle of February, the cosmetology department offered an answer with its first annual fund raiser, Agreeable Sounds, a musical talent show. It was originated to help raise funds for the department. At this shindig, performers competed for a cash prize of \$75 and an opportunity to have a song played on one of the local radio stations, KAZY 95.9 FM or KLPQ 102.5 FM.

Four bands – Elf Tree, Diamond Back, Shrift and Slap Throat – and four individual performers – Dan Ferguson, Lisha Langhorst, Chad McElwain and Teeza McCarty – competed. All types of music were presented: country, rock, oldies, and hard rock.

Audience members were contestants as well, in a different angle. The game Name



First place winner Teeza McCarty not only performed in the talent show, but was one of the organizers.

That Tune was the entertaining sideshow. Sound clips of songs were played and the audience had a chance to guess at the title and artist of the songs. The one who guessed correctly received a door prize, donated by the cosmetology department. Hostesses for the evening were Jenifer Shay and Katrina Martin.

At the end of this first annual show, everyone picked a favorite band or solo artist. The theater audience was split into two sides. For the most part, the east side of the theater liked Elf Tree, and the west side liked Diamond Back. While the audience was waiting for the judges' decision, the two sides had a competitive shouting match, voicing their opinions.

THE WINNER IS....Teeza McCarty, who performed "Weather."

"I plan to buy a pair of shoes with my cash prize," said McCarty, who happens to be a student in the cosmetology department.



Brent Dillon, lead vocalist for Shrift, sings "Bulls on Parade" and "For What It's Worth."

Members of the band Diamond Back perform "Searching" and "Freebird."

Soaring



to Success

Cowley's aviation program provides excellent way for students to make their dreams take off.

Story by Rachel Morrison
Photos by Tricia Morgan

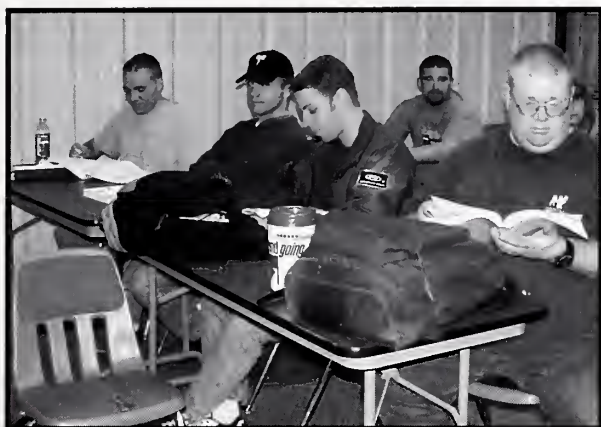
Strother Field is not just a place between here and Winfield. It includes a unique site for preparing Cowley students for a career in airframe technology. Students can fly through this program in approximately 18 months. The program allows students to earn their Airframe and Powerplant licenses to work on airplanes. This is also Cowley's largest vocational program.



Michael Wagner and Jeremy Vaden use the ignition harness testing technique (above), which is important to operate machinery, and get some hands-on training (right).



Classroom work is as important as hands-on training, as Jeremiah Shull, Joshua Shull, Kevin Nedeau, Ashley Ingram, and Mike Schetrompf find out.



Eli Coury, Michael Wagner, Zach Davis, and Luke Williamson study the instructions from a manual.



The AMT program consists of three levels. They are General, Airframe, and Powerplant. General consists of 400 hours of lab and book work. Airframe consists of 750 hours of lab and book work just as Powerplant does.

As students soar to the finish line, they complete their course work in a temporary building. The building holds only 65 students, but the program often has an enrollment of 100 students. There are only two classrooms in the building, so they have limited space.

The students are able to work on many different kinds of airframe engines and other types of airframe materials. They say they enjoy the hands-on work, whether it is sheet metal repairs or igni-

tion harness testing. "It 's fun tearing down the engines and rebuilding them and then firing the engines up," said AMT student Luke Williamson. "It is good to see what we have accomplished."

Hands-on training is as interesting as book work is challenging. Something new is learned every day, including sources of knowledge that may help improve an idea or save a life. Another AMT student, Chris Hockenbury, said, "It's a good learning experience to work on the engines. The hardest part would be the book work, but the teachers are good and they help you out a lot."

Attendance is a major factor in this program. "The attendance is hard and

there is a big amount of hours that are required to graduate with, so it's hard to have to make up the time you missed," said Williamson.

At the end of their 18 months of class work and lab work, the students are required to take a written exam that is given by the Federal Aviation Administration and an oral test (working on an engine) given by a qualified instructor.

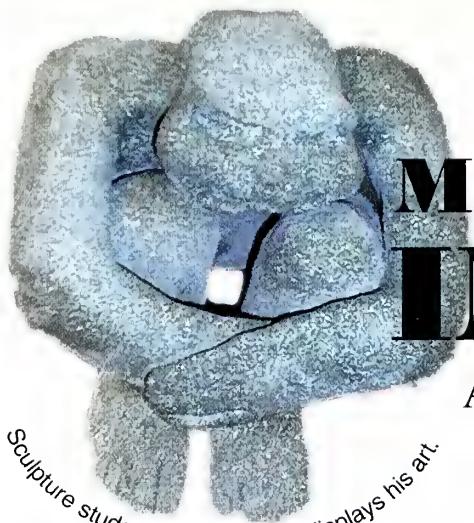
Overall many students successfully complete this program every year. They fly us all over the world, repair our airplanes and put together new engines. Our lives are in their hands, so where is a better place to start than Cowley's Strother Field?



Minor details make a major difference in this PT6 Pratt & Whitney engine.



Mike Schetrompf holds a piece of his work that has been media-blasted.



Sculpture student Kevin Weaver displays his art.

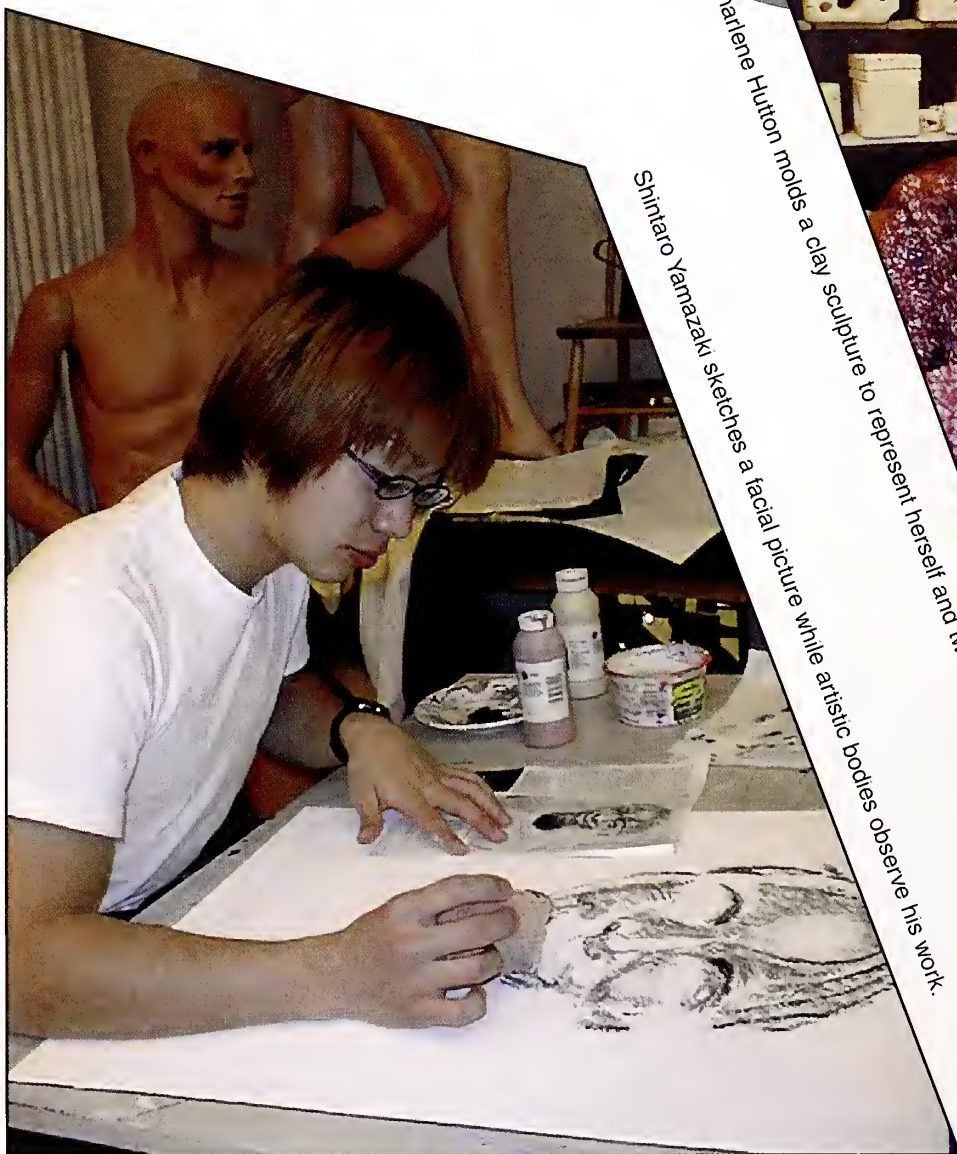
More than a figment of the IMAGINATION

An Inside Look Into Cowley's Art Department

Story by Pamela Hann

Photos by Erin Davis

Sharlene Hutton molds a clay sculpture to represent herself and two sons.
Shimaro Yamazaki sketches a facial picture while artistic bodies observe his work.



Q: What is this picture representing
A: A motorcycle painted by Joey Wiegman

Where do those entertaining pieces of art work come from that are stationed throughout the Cowley campus? During a journalistic journey by the magazine staff, several excellent artists appeared and offered their fascinating stories. Most of the interviewed students were not art majors, but they did have an interest in this subject.

On a trip down the art department hall, we unconsciously realize our feet are walking at a slower pace and our eyes are enjoying the essence of some amazing pieces of art – artifacts that Cowley students create with their flowing imaginations.

There are many pieces that are not of imaginary objects. One class sketched parts of the



Local artist M.S. Walker showed this candy corn clown for an art show held in the Brown Center in March.

body. To the untrained eye, most of the drawings look exactly like photographs. There are also students who define beauty through pictures of flowers – bright, colorful and realistic.

One the artists painting a flower, Christine Khuesy, has been painting since high school. Her advice to those who are interested in art, “Just do it, keep doing it. The more you use your talent, the better you will get.”

One of the ceramic students, Sharlene Hutton, molded a sculpture representing herself and her three children. It has taken about a month to create and is expected to be finished the week after spring break.

Imagination is just the beginning into a world of more imaginative objects.

“Keep your eyes open and your feet on the ground,” as one artist said.



Elizabeth Reynolds proudly represents her fresh portrait of spring flowers.



Where does the clay pottery come from? Here, Brian “Fro” Simpson demonstrates.



Kylie Reynolds poses with her latest piece of creativity.



Lorena and son Tristan try to combine bath time with a little extra study time.

Here at Cowley many young, single women are struggling through day-to-day life trying to hold down a job, raise their children, and further their education. Lorena Rojas and Polly Smith are two examples. They come from different lifestyles and situations. Here are their stories.

By Allie Hilleary and Cristy Gragert

Lorena Rojas is a 20-year-old pre-nursing student. Her son Tristan is 2 years old. Between school, her job and raising her son, Lorena has her hands full.

"There is really no time for myself, but if you're a good parent you have to give up your life," she said. "If you aren't ready to sacrifice your time and money then you aren't a good parent."

Rojas works as a community living aide. From Friday to Sunday she stays with mentally disabled

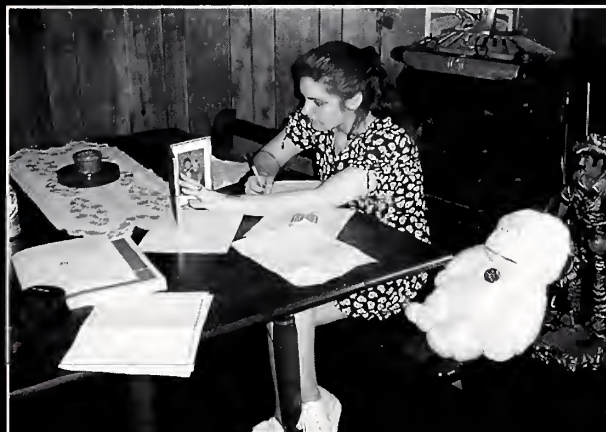
women at government-funded housing. "It's so they can get out of the institutions and try to have a normal life," she said.

Right now Lorena lives with her mother in Winfield. Her mother watches Tristan while Lorena works. "It's not a free ride," she said. "I give my mom \$200 a month for babysitting. Most of my money goes to Tristan. I know

Singled

some women need things like welfare, but I want to make my own way." Someday Lorena would like to be a licensed nurse at the Winfield Medical Arts Clinic. "I need to be able to provide for my son," she said. "As he gets older he'll need more things."

Out of sight is not out of mind. Polly finally finds time to study for a test when her friend volunteers to take Lexy for the day, but she still takes a break to look at a picture of Lexy.



Polly Smith is an 18-year-old accounting major. Her daughter Lexy is 4 years old. Polly works at Wal-Mart and raises her daughter with very little help.

"I was about 14 when I found out I was going to have Lexy," she said. "My mom and dad wanted me to give her up for adoption or have an abortion. When I said no, they kicked me out."

Polly lived with friends for

the first few months before moving in with her boyfriend.

"I did the whole housewife thing," she said. "I was so bored and it sucked having to depend on my boyfriend for money all the time."

Polly also said that she lived with domestic violence. She said that her boyfriend was arrested three times for hitting her repeatedly in the face.

Finally, with the strength of her friends, Polly left her

boyfriend. "It was hard at first," she said. "I had to go on welfare and I was depressed. I realized that I had to get my life together for Lexy's sake."

Three months after she decided to make it on her own Polly found a stable job and started taking night classes.

"I live with my friend now but soon I would like for Lexy and I to get our own place. She and I are a team. It's us against the world."

The Classifieds

Part-time work definitely isn't routine for a few Cowley students

Story by Erin Davis and Aaron Sutton

Photos by Aaron Sutton, DesiRae Mantz, and Nicole King

Radio Superstar

What would you do to earn a buck? Maybe talk to hundreds of people, raise sheep, or lick envelopes? Think these ideas sound a little far-fetched?

Well, the truth is they are not. These and several others are just a few of the interesting jobs done by different Cowley students.

BROCK ANDERSON is a DJ on 95.9 KAZY weeknights from 8 p.m. to midnight. The best part of the job, according to Anderson, is "being able to listen to Pink Floyd whenever I want." The downfall to the job, however, is having to be creative enough to come up with something new for each show. Anderson is also the person in charge of running the commercials during many live sports broadcasts.



Fearless Female



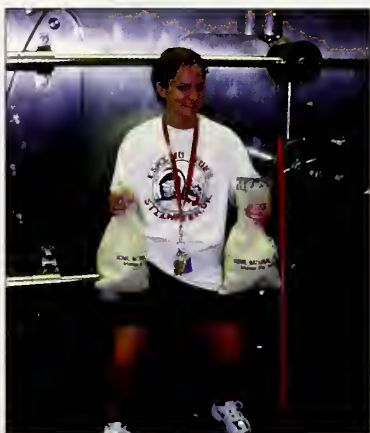
HEATHER CLARK is a campus security officer. Basically, being campus security consists of protecting the college students, cruising around campus to see if everything is secure, and checking doors on campus and downtown to make sure that they are locked. "The best thing about being security is the people that I work with," said Clark. Like all jobs, though, security has its faults. Clark gets tired of getting harassed about being a female.

Towel Boy



JOHN VICKERS spends many of his weekends at R&L Laundry. No, he is not doing his laundry – he's babysitting other people's laundry. Vickers is the closing manager at the laundromat on the weekends. Vickers says the best thing about working at R&L is being paid to watch TV. He said his duties include "cleaning the machines and ensuring the safety of my patrons."

Midnight Maid



AMY WILSON works at Home National Bank, where she is a janitor. One of the best things about working at the bank, said Wilson, is being able to go to work whenever it's convenient, whether it's midnight or even 2 a.m.

Lip Lickin' Good

JARED COPLIN recently had one of the most interesting jobs of all. His job included several duties, one of which was licking envelopes. Yes, that's right--licking envelopes! However, sometimes on a good day, Jared was lucky enough to get to use a sponge to lick the envelopes. He usually worked around 10 hours a week and found his job enjoyable, well other than licking envelopes.



Modern Day Shepherd

KYLE KOEHLER's interesting job includes raising sheep. When Koehler was 7 years old, he became interested in showing sheep after seeing a friend do it. Koehler said that the best thing about raising sheep is "other than selling it, seeing your sheep win grand champion." The worst thing about being a sheep farmer is the sheep dung. Basically, Koehler cares for the sheep, making sure that they have food and water, doctors them when they are sick, and helps them if they have difficulty giving birth. Not a baa-a-ad job, and nothing to be sheepish about.



Dream Jobs

Now let's say that you were given the opportunity to be anything in the world. What would it be? We asked several different Cowley students this question, and here are a few of the responses.

- | | |
|-------------------------|--------------------------------|
| 1) U.S. Marshal | 6) Professional Shopper |
| 2) F.B.I. Agent | 7) A Lawyer |
| 3) Club Owner | 8) TV Reporter |
| 4) Famous Author | 9) A Fashion Designer |
| 5) Fireman | 10) A Race Car Driver |

Taking a bite out



Campus Security is more than just a job, it's part of future careers.

By Jesse Landes

Campus Security. To some students, especially dorm residents, being watched over can seem bothersome. It makes it harder to do things like drink alcohol in the dorm room or stay in the opposite sex dorm after hours. To others, it keeps rowdy students from becoming too rowdy in the dorms.

"The students like us, but they tend to think of us as rent-a-cops," said Chad Crittenden, a sophomore majoring in criminal justice.

But Campus Security students do much more than merely keep the dorms in check. They routinely patrol and check the entire campus and most of downtown Ark City.

Campus Security has an interlocking agreement with the Ark City Police Department. Security is to radio the police if there are any problems like unlocked doors in the downtown businesses or if



Security student Mark Shultz prepares to check a dorm room. Opposite sex visitors are not allowed after 11 p.m.

there is a possible forced entry. There are many possible places for trouble, as Security is required to patrol the entire college-owned area between Madison and Walnut Streets.

The student on duty on any given night takes the patrol vehicle and checks all of the alleyways and avenues, as well as doors on buildings, with the spotlights on the car. After this, he will walk the downtown area on foot and check all of the business doors and look through them using a flashlight. Any suspicious activity is reported to the police.

The dorm security is in charge of making sure the peace is kept. "One of the biggest problems this year is drinking in the dorm rooms," said Crittenden. They make sure that there are no persons of the opposite sex staying in the dorms after hours; and, of course, no alcohol is allowed in the dorm rooms.

Campus Security is part of the college

Sophomore Campus Security student Chad Crittenden uses one of the patrol car's many spot lights to check dark portions of downtown buildings for any signs of criminal activity. This is just one of the many ways that students are trained in real-life situations that they may face in a future law-enforcement role.



of campus crime

Criminal Justice program. The freshmen comprise the dorm and campus security. The sophomores in the program are trained by riding with the Ark City and surrounding area police. They also receive classroom instruction in criminal law procedures.

The instructor of the Criminal Justice courses is Elvin Hatfield. With a colorful past in the police field, ranging from patrol officer to investigator, Hatfield seems well qualified to instruct in this area. Just when the nightly patrol becomes routine and boring, Hatfield will create simulated criminal activity to see just how the student reacts under real-life conditions. The students find that slacking on duty can be risky. If the student on duty decides to skip a few doors on the downtown business check, Hatfield says he is usually aware of it. The environment that Hatfield attempts to create for the students is



Part of the nightly routine for Campus Security includes looking inside and checking the doors of businesses in the downtown area.

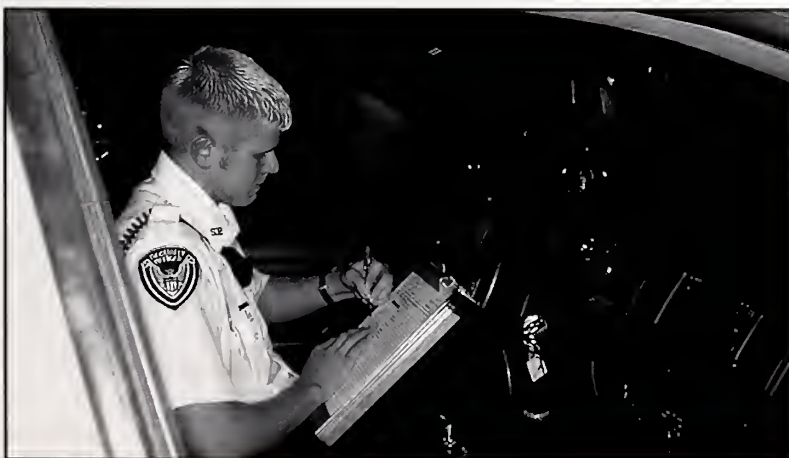
realistic.

The crime rate of the Cowley campus is low in comparison with the norm. There are dorm violations and alcohol in the dorm rooms and the occasional fight, but otherwise most evenings are uneventful, according to those in the Campus Security program.

In the past there have been a couple of serious crimes, however. There was a safe job in Galle-Johnson about 10 years ago, according to Hatfield. The two participants were armed with shotguns.

Campus Security also assists the police with the annual Arkalalah Festival. One year, during Arkalalah, a man was arrested for the rape of a woman in Ponca City.

But all in all, campus crime is low, thanks at least in part to Campus Security. "An accumulation of campus crimes in a 10-year period is about equal to other campus crimes in a one-year period," said Hatfield.



Campus Security student Chad Crittenden fills out paperwork concerning his building checks. Crittenden, along with other Criminal Justice students, plans to enter a career in law enforcement after graduation.

photos by Jesse Landes
and Bethany Harding

Wade Mindemann and Trever Graham serve dinner on a special steak night before the Homecoming basketball games.



The Men Behind the Menu

New Dining Director & Cafeteria Workers Add Spice to Cafeteria Life

Photos by Juanita Smith & Tricia Morgan

Story by Juanita Smith

Many dorm residents and staff members walk through the cafeteria every day to eat their meals. And every day someone can think of something to comment on and often something to complain about. But have you ever taken the time to think about the man behind the menu?

Just think about it for a moment. What does Great Western Dining Director Wade Mindemann, who started his first full semester at Cowley this spring, do to try to make the majority of his customers satisfied?

How does he decide what to place on the menu? He says, "The students' suggestions give us a main idea on what they want to eat. We also have a variety of food lists from the main office."

He says he tried to add a bigger variety to the menu as well as some special nights, such as Steak Night, Valentine's Day Dinner, and Drive-in Movie Night. He says his number one goal is to keep students happy.

Besides Mindemann, there are two other cafeteria employees who are new to the college: Trever Graham is a night time cook, and Gary Jones is the assistant director. These three men say they are doing their best to think of new ideas and angles, and they are trying to make sure that students enjoy the different tastes that are provided.



Trying not to cry, Gary Jones chops onions to mix into a dish for the evening meal.

Food for Thought

If students would like to request something that they would like to eat or would like to comment on the new service, Great Western Dining has provided paper and pencils for that purpose. To show how challenging it can be to keep everyone happy with the menu, here are some of the written and verbal comments received thus far:

"The food is better than before. The only thing I find wrong with the new system is not enough food, you've cut way down. But besides that it's great!"

"Thank you for taking more pride in our meals. You have improved the quality 100 percent! My request: Chinese food, more chicken, stir fry and sweet & sour chicken, anything Chinese! Thanks!"

"Thank you very much for bringing Count Chocula cereal back to CCCC! Also, the cappuccino is good, but always seems to run out by Wednesday."

"Thank you for keeping the salad bar full all the time. Also the desserts are different from day to day!"



Ann Rice slices cheese for a macaroni and cheese side dish.



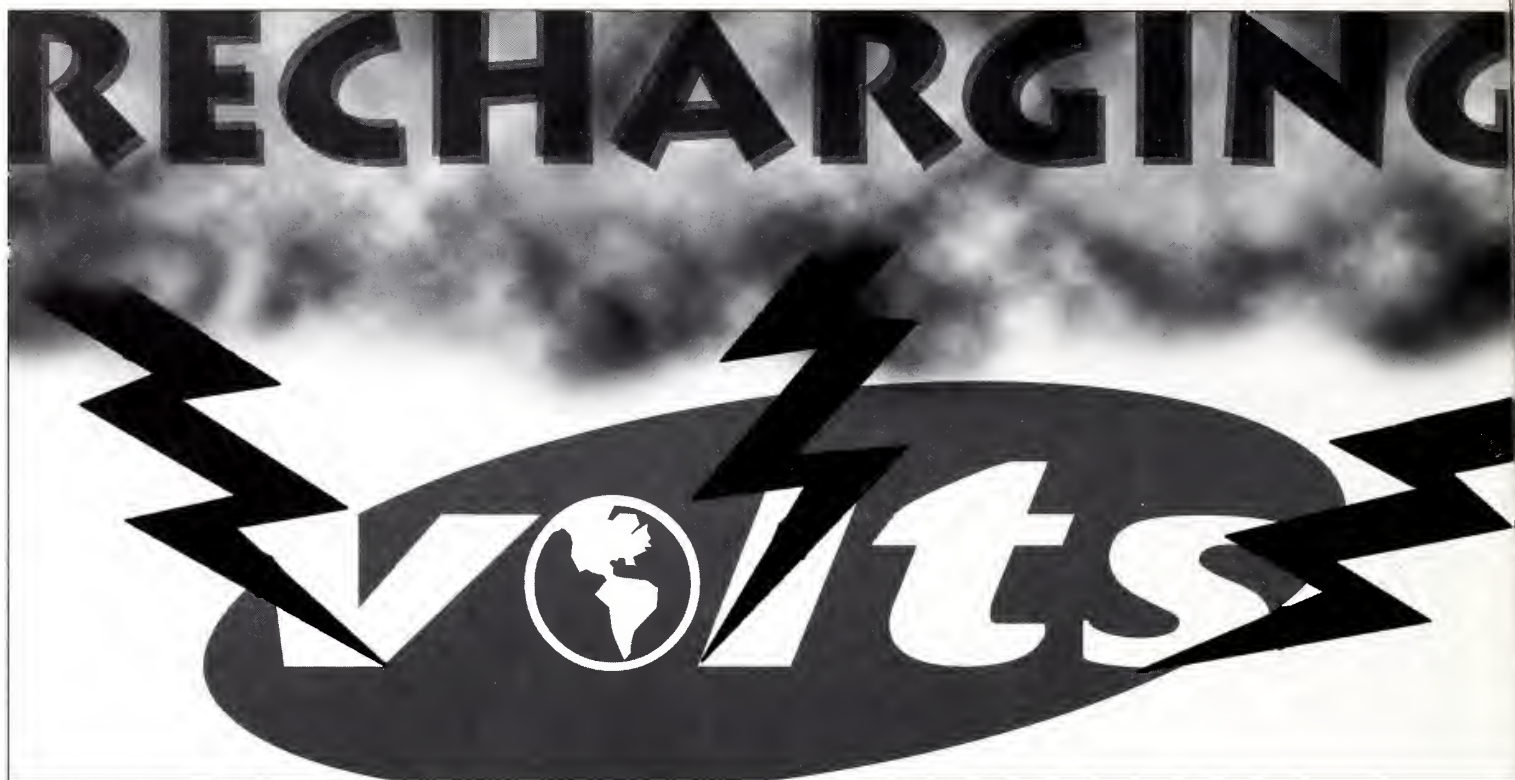
Margaret Roberts skewers chicken in preparation of a dinner entree.



Steve Wright has a sandwich for his lunch.



Jeff Holz, Dustin Smith, and Justin Glenn enjoy pudding for dessert on Valentine's Day.



by Rachel Morrison

Over the last seven months participants in Volunteers Learning Through Service have plugged in their power cords in an attempt to recharge VolTS.

The club has dramatically grown over the last semester. It has gone from two officers and 10 members in the spring of 1999 to four officers, eight co-chairs, and 80 members in the spring of 2000. This happened partly because Mark Jarvis, the VolTS activity sponsor, knew that VolTS needed reviving. He went about this by searching for reliable,

involved college students to become VolTS officers. From there the club has taken off.

Their main project for the fall of 1999 was the Oxfam Hunger Awareness Banquet. VolTS provided and promoted the activity. "It was very enlightening. It made me realize how big a problem it was," said co-chair Katie Hamilton.

"It was like an eye opener to see how much of the world's population does not get the luxury of eating like we do," said member Christi Lunderville.

Among all the VolTS members, they put in 348 volunteer hours on Oxfam. One of their promotions for Oxfam was the turkey float, which won second place in the Arkalalah parade.

The major event for the spring 2000 was the Sr. Sr. Prom. It is a prom for the senior citizens in the surrounding communities. The VolTS members and officers organized the prom. They raised and received money from community sponsors for the food and decorations.

Laura Kreidler enjoys a dance with a senior citizen at the Senior-Senior Prom. Volunteers logged about 750 hours preparing for the event.
(photo by Ericka Frahm)



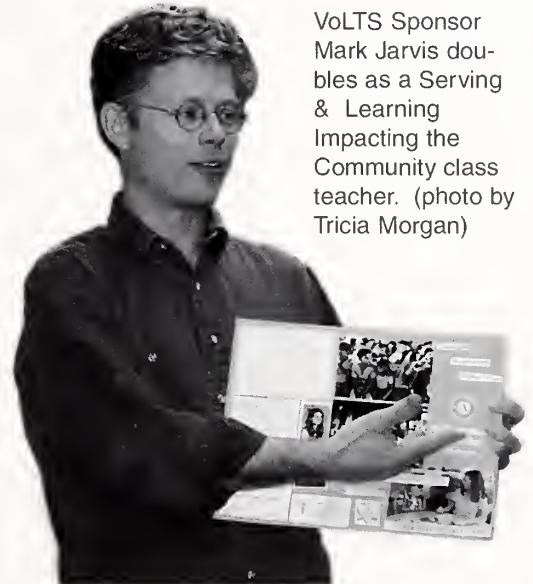


One of the events to promote Oxfam Hunger Awareness Banquet included a turkey float, named Dewey, advertising the event in the Arkalalah parade. The float won second place in the Saturday parade. (photo by Sean Ringey)

Commissioner Jim Ramirez and wife Karon enjoy the experience of a third-world country by eating rice with their hands while seated on the floor. Others, like Mark Patrick, got the second-world experience by sitting in chairs and having rice and beans with plastic silverware. The first-world participants experienced an extravagant meal served to them at a formal setting. (photos by Tricia Morgan)

VoLTS Activities

- COOL Leadership Training
- Dorm Storm
- Oxfam Hunger Awareness Banquet
- Red Cross Disaster Training
- Bluegrass fundraiser
- Volleyball Activity
- Pancake Feed
- Arkalalah Parade Float
- Topeka Conference
- Senior Senior Prom
- Parkalalah
- Adopt-a-Highway



VoLTS Sponsor Mark Jarvis doubles as a Serving & Learning Impacting the Community class teacher. (photo by Tricia Morgan)



The officers recharging it all include President Scott Keltner, Vice President/Secretary Sean Ringey, and Treasurer Cristy Gragert. (photo by Rachel Morrison)

BE AFRAID, BE VERY AFRAID

By Shelby Knowles and Garret Thompson

Whether it's a small insect like a spider, or something big and mysterious like the dark, almost everyone is scared of something. Here are a few Cowley students with some unusual fears and the stories behind them.

AMBER HALE is scared of toilets – more specifically, the bottom of toilets where the water is. This fear came about when she was little and her dad always had the lid off of the back of the toilet. When it would flush it scared her. She says she thought there were “toilet monsters.”

BETH PHILLIPS has a fear of circles. Yes, circles! She once had a dream that she went around in a circle forever and couldn't find the end. She says her fear mainly has to do with repetition.

TWAYNA HENMAN won't drink to the bottom of a drink – not because of the nasty back wash, but because she once found a fly at the bottom of a drink. Now, she always leaves a little at the bottom of each drink.

BRANDEN BOHANNON shares a fear with many younger children. He's scared of clowns. But not many youngsters have had the experience that Branden did. When he was in elementary school he watched a horror show about blood sucking clowns called “Clowns From Outer Space.” Needless to say, the movie made him horribly afraid of clowns. Later, when he took a field trip with his class to the circus, he wandered off from the group. And who else found him crying and scared and tried to help him but a clown! Branden has been scared of clowns ever since.

After having a nightmare about going around and around, Beth Phillips has a fear of circles.





Twayna Henman makes a disgusted face at her soda can. Her fear is drinking down to the bottom of a drink.



Amber Hale has a fear of toilets! Her fear is actually of the bottom of toilets where she says the "toilet monsters" are.



Ever since he was little, Branden Bohannon has been scared of clowns. His fear stems from a bad experience at the circus.

Top four common answers were:

- Death and Dying
- Marriage
- Snakes, spiders and mice
- Really deep water

Some uncommon answers given were:

- Glitter
- Breaking fingers
- Coyotes

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in the

Millennium

By Allie Hilleary and Shelby Knowles

As Austin Powers would say, "Sex; yes please." Sex is everywhere in society, even in the White House. The *Pulse* staff wanted to find out what students thought about sex and the different aspects of it. We polled 50 men and women on campus to find out just what sex in the millennium is all about.



Survey Says....

12 %

Learned about sex from other sources.

8%

Have never had cyber-sex

38%

Learned about sex from friends

Average Age For Loss Of Virginity at Cowley.

15-17: Women

14-17: Men

48%

Have not had a one night stand



14%

Learned about sex from parents

36%

Admitted to having some sort of one night stand

72%

Have had some form of cyber-sex

16%

Do not own any form of pornographic material

66%

Admit to owning a form of pornographic material

Ready to Rumble

Here are the top 5 places the Tigers like to be intimate:

- 1) An exotic beach or island.
- 2) A table or desktop
- 3) Any place wet (shower, rain, waterfall, etc...)
- 4) Backseat of a car
- 5) Anywhere outside (park, football field, garden, etc..)

How do you want your children to learn about sex?



"I hope my children learn about sex from me, but they are going to hear things from their friends. I hope they trust me enough to come

to me with their questions."

-Kasie Peterman

How do you feel about homosexuality?



"I think that homosexuality is not right. The Bible says it's wrong."

-Casey Lowmiller

Whose responsibility is it to get birth control?



"I think that it is both partners' responsibility to get birth control. The woman should not neglect to get birth control and depend on the guy 100 percent and the other

way around." **- Jennifer Suttles**

How do you feel about premarital sex?



"If people weren't having premarital sex there wouldn't be as many STD's. In due time, by not having premarital sex, you will be rewarded if you accept Jesus Christ as your savior.

Nothing is worth going to hell for."

-Bernard Owens

Safe Sex On Campus

Vicki Givens has been the nurse at Cowley for three years. For many students, she holds the answer to safe, responsible sex.

Pulse: Do you give pregnancy tests?

Vicki Givens: Yes, a student should come in if she is 5-10 days late. The tests cost \$4.

P: Do you hand out condoms?

V.G: I give out about 30 a month. Many people are too embarrassed. I usually get a certain group who do come in.

P: Why do you think most people do not come in

V.G: Many need the protection but won't come in to get it. I expected to have more people coming in but most would rather ask their friends.

Conference Crown Comes Home



**Women win
third straight**



Clockwise from top left: Petra Hofmann was named to the second team all conference and made the all-tournament team. The Cowley women walk on to the home court after another of their 30 wins. Jenia Dimitrova was named to the first-team all conference and to the all tournament team. Tariqah Miller was named to the first team all conference and took the honor of Freshman of the Year.



Over the season, the Tiger women racked up a sparkling 30-3 overall record with a 17-1 conference record, also winning their third consecutive Jayhawk Conference Eastern Division title. The three losses over the season were to Independence, Butler, and then to Seward in the third round of Region VI playoff action.

The last loss of the season was the toughest for the Tigers as it ended their spectacular season. Statistically, Cowley had the number-one defense in the nation. The Tigers will be losing four of their key players. Sophomores Jenia Dimitrova, Petra Hofmann, Cindy Bates, and Crystal Sheddan will all be departing. Dimitrova made the first-team all conference, while Hofmann made the second team.

On the bright side, however, there will be eight returning players for next year, including the Jayhawk East Freshman of the Year, Tariqah Miller, who was also named first-team all conference. The Tigers look to be a strong team again next year led by this season's Jayhawk East Coach of the Year, Darin Spence.

Stories by Kyle Koehler
Photos by Chad Buell

Riding the roller coaster



Men's team wins East division

Mike Hayes (top of page) celebrates one of Cowley's 26 wins. Freshman Nick Biby (left) became a valuable newcomer for the Tigers by averaging over 11 points per game.



Talk about a roller coaster ride, try hanging out with the Cowley men's basketball team over the last season. The Tigers ended the year with a 26-6 record and a 15-3 record in the Jayhawk Conference Eastern Division. They also won a share of the division championship along with Neosho and Independence, despite being picked in the preseason to finish third. Cowley's six losses were against Coffeyville, Neosho, Johnson County, Barton, Eastern Utah, and, of course, Hutchinson. Hutchinson proved to be the downfall of the Tigers this season by eliminating the Tigers from the Region VI tournament with the help of ex-Tiger Brett Ballard.

The Tigers did accomplish some of their goals for the season, however. They won the conference and had two players picked for the Jayhawk East all-conference teams. Tyree Harris was named to first team all conference, and Danai Young garnered third-team all conference. In addition to these players' awards, Head Coach Mark Nelson was named Jayhawk East Coach of the Year.



Danai Young (above) looks for a passing angle. Young was named to the third-team all conference. Tyree Harris (left) shows his dunking skills. Harris was named to the first-team all conference. In addition to the players' honors, Cowley Coach Mark Nelson was named Jayhawk East Coach of the Year.

Fashion Spring Sports



Long Vu

Allison
Tweedy

Story by Erin
Davis and
Aaron Sutton

Photos by Dan
Baum, Aaron
Sutton, and
Erin Davis

They cannot be found on the runway nor in fashion magazines – but look out America – spring fashion starts right here at Cowley.

Everywhere you look this spring, you see bright orange, gray, black, and white. Whether it's on the green, on the diamond, on the courts, or even in the classroom on game day, Cowley pride is sure to be found.

The various Cowley team uniforms not only focus on players being fashionable, but also on being comfortable.

Instead of checking out the runway, be sure to stop by and watch the spring sports fashion shows. They appear at several locations for your convenience – on the baseline, on the fairway, or at the net.



Kellen Mast and
Clark Blankenship
play through campus
in their golf uniforms.

Rhiannon Davis,
Lindsey Davis,
Darci Hutchinson
Brandi Wyer, and
Kim DeRoin take a
pre-game minute to
show off their
Cowley pride.



Women's Tennis

Lindsey Semple takes time between matches to show off her Cowley uniform. The Lady Tiger tennis team has several different uniforms which consist of various skirts, shorts, and t-shirts.

Pros: The shorts and t-shirts are the most preferred uniform because they are comfortable and easy to move around in.

Cons: Wearing the skirts on windy days can sometimes be un-bare-able for the players.

Cost: dress - \$65; shorties worn under - \$16.

Men's Golf

Scott Keltner swings into spring in his golf team pullover. The team also has two shirts – one gray and one white – that they wear to their meets.

Pros: The shirts are comfortable and easy to move in. They also look nice.

Cons: The bad thing about the shirts is that some of them have shrunk and don't fit the players anymore.

Cost: white shirts - \$26.50; gray shirts - \$28.75; wind pullovers - \$28.50

Men's Tennis

Matt Prouatt poses in his tennis uniform. The tennis team has both long and short sleeve t-shirts as well as warm-ups to wear on cool days.

Pros: Like the women's team, the men also prefer t-shirts and shorts for comfort.

Cons: The uniforms may be a bit breezy on cool spring days.

Cost: Total cost including shoes and several t-shirts and shorts is around \$250.

Softball

Dena Boller sports one of her many softball uniforms. The softball team has three pairs of shorts – black, white, and orange with a black and white stripe. They have three sets of shirts that are also white, black, and orange.

Pros:

Black with black is a favorite for intimidating opponents.

Cons:

Some players are not fond of the black pants because they are skin-tight and make some of the players self-conscious.

Cost:

Black and white shirts - \$30 each;
black shorts \$12



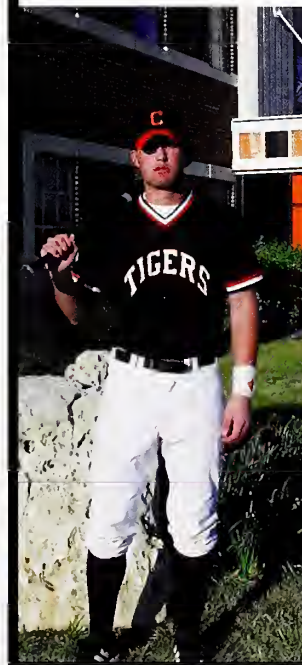
Baseball

Trent Wray steps up to the camera in his Cowley team uniform.

Pros: The shirts do not have flappy sleeves so they do not hinder throwing. The pants fit comfortably, loose and baggy.

Cons: The belts are sometimes too long and get in the way.

Cost: pants - around \$60; shirts - \$40; with shoes added in the total uniform costs around \$200.



Who Is That Lovely Lady?

Seven beauties participate for the crown in the first annual Miss Cowley pageant.

Story & photos by Tricia Morgan

On March 3, a crowd in the Brown Center Theater saw everything from the performance of a traditional Norwegian song to a clogging routine set to "Hillbilly Rap." Seven contestants competed for the title of the first Miss Cowley County.

Pam Doyle, the head of Cowley's Upward Bound program, collaborated with Yvonne Marcotte and Zee Butler to make this pageant happen, something that had been in the back of Doyle's mind for quite some time. "It's something I've been familiar with and interested in since I was a child," she says.

Not much time was available to organize the pageant, and some of the girls were skeptical, leaving the organizers to coax them into participating. However, once it had ended, the girls were mostly excited and wanted to see another Miss Cowley County pageant happen again.

The victor was determined by the highest number of points in four categories. Thirty percent of the final score rides on the interview with judges, during which the contestants are asked questions on subjects ranging from politics to their cars. Forty percent of the total lies with the talent, and 15 percent on both the evening gown and swimsuit competitions.

Contestants are not judged on looks or the grandeur of

the gowns and suits they choose, rather by personality, confidence and presence. "It's being able to make the most of what you have," says Doyle.

Adrianne Ryel left the stage with tiara and title of Miss Cowley County. Ryel is a sophomore theatre/communication major, and plans on transferring either to OSU, OU or WSU. Ryel says the best part was getting to know the other girls and the experience of being in the pageant.

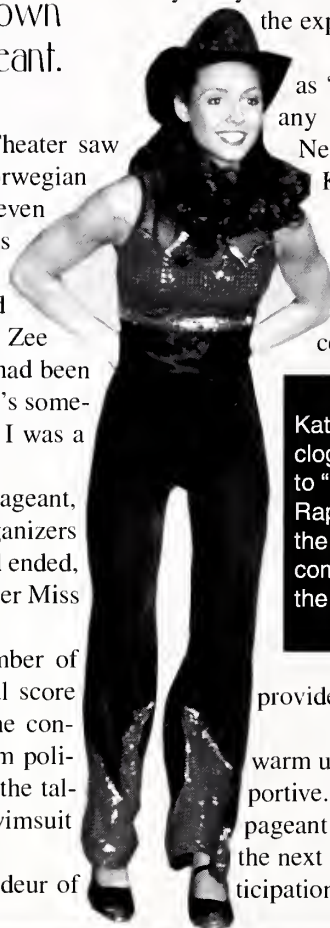
However, Ryel saw the swimsuit competition as "degrading and humiliating. If I could change any part of the pageant, that would be it." Nevertheless, Ryel will advance to the Miss Kansas competition on June 10.

Doyle shares Ryel's opinion on the swimsuit competition. She says, "I don't support the swimsuit competition personally. I would like to see it dropped, I think it would be the 21st century thing to do." Although it serves as an indicator of poise and confidence, she feels that it is too intimidating and keeps many prospective Misses out of the race.

In addition to the regular happenings of the pageant, Miss Cowley County featured Rhoda MacLaughlin and local radio personality Marty Mutti as emcees. Lindsey Ramirez and Page Butler

provided entertainment.

Despite the lack of time that the public had to warm up to the idea, the community seemed very supportive. There is the possibility of making this year's pageant into an annual one, and with more time to plan the next one, community acceptance, support, and participation are expected to increase.



Kathy Swann clog dances to "Hillbilly Rap" during the talent competition of the pageant.

Jessica Harding (left) performs her dance routine to "Conga" by Gloria Estefan. Marty Mutti questions Adrianne Ryel during the question and answer portion of the show (right).





(Clockwise from top) Lindsey Ramirez and Page Butler sing a song from the musical "Miss Saigon" during intermission. Adrienne Ryel sings "I Dreamed a Dream" from the musical "Les Miserable." Megan Wolke sings "Testify to Love" for her talent. Autum White shows her gown and her smile during the evening wear competition.



When the nation's blood supply is at an all-time low

Critical Condition

Cowley does its part to help out

Story by Erin Davis and Aaron Sutton
Photos by Tricia Morgan

They came from near, far, basically everywhere – some from class, some from work, and still others from bed. Where were they going? To give blood, of course.

The annual blood drive was held on Feb. 23 in the Wright Room in the Brown Center. The blood drive was organized by Peers Advocating Wellness for Students (PAWS). There were 81 donors who donated 55 units of blood combined. Of the 81 donors, 22 donated for the first time. T-shirts were given to the first 75 donors. Thirty-one people scheduled appointments while everyone else just showed up. There were also many others who wanted to give blood, but were unable to for some reason.

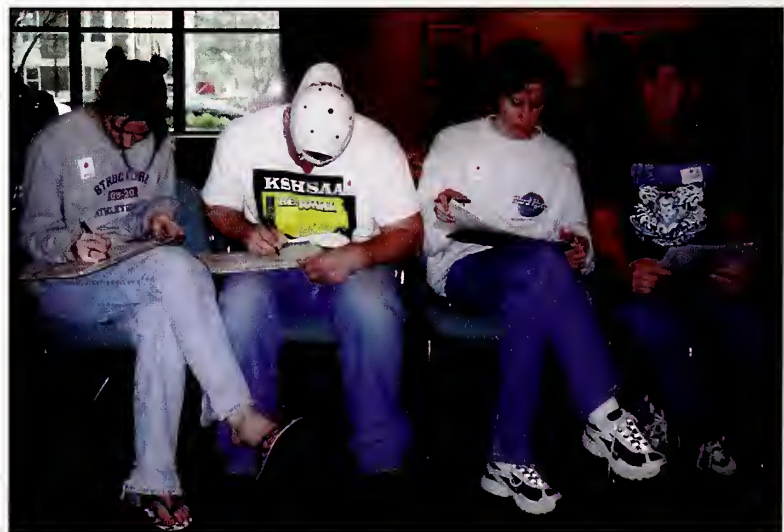
Many choose to donate blood for the chance to help out someone else. Well, and maybe for the free cookies and T-shirts! For many the worst part of giving blood is when the nurse pricks their ear. And it is also really difficult for those who are scared of needles. However, many of the donors said that they felt like this was a good experience and that they will definitely do it again.

Larry Thimesch said, "This is the second time that I have given blood. The first time I got a t-shirt, too. They weren't as cool as these, though. The people were really nice and the food was good, plus giving blood saves lives, so I know deep down that it's the right thing to do."

Many people were pleased with the results from this year's blood drive and already started making plans for next year.



Toni Petee shows off her new shirt that she received for being one of the first 75 donors.



Miranda Harris, Seth Manske, Jennifer Suttles, and Josh Riley fill out the paper work while waiting for their turn to give blood.



One of the Red Cross volunteers comforts Sue Saia, director of the CARE Program.



ookies, water, and juice were given out to those
ve enough to give blood like Amy Shaw.

Did You Know?

1. The blood donation actually takes only 6-8 minutes.
2. Every two seconds someone in the United States receives a blood transfusion.
3. One out of 10 hospital patients need blood.
4. You can donate blood every 56 days.
5. Females receive more blood transfusions than males.
6. Brain surgery patients use anywhere from 4 to 20 pints of blood.
7. Organ donations take up to 100 or more pints.
8. The ratio of volunteers for the Red Cross to paid workers is 45:1
9. One blood donation can help up to three people.
10. Over 95 percent of the population will receive a blood donation in their lifetime while only 5 percent of people actually give blood.



NOTHING

A Story About

By Pamela Hann & Tricia Morgan

It's Tuesday night, the club does not open until Thursday, the Cowley basketball teams do not play until Saturday, so what will we do tonight? Well, this is a first-hand account on what is happening in Arkansas City, America. Instead of asking what your city can do for you, ask what you can do in your city. It is a true experience that would make a great series on Seinfeld; it's a story that makes something out of nothing.

On one Tuesday, Cowley students Shausha Lee and Teeza McCarty showed two magazine staff members that there is life in Ark City, if you search really hard.

First, we scattered to cram into vehicles to take us to June's Garden Restaurant, which was open 24 hours. There we ordered coffee and laughed hysterically at each other's jokes. Shausha enlightened us by showing how to make kool-aid with pixie sticks and sugar. Teeza entertained us by blowing smoke



Teeza McCarty skillfully demonstrates her talent of making smoke bubbles in a glass of water.

into the glass of water and making bubbles.

After an hour, it was time to do something different. Fake shopping at Wal-Mart was out of the question due to their new time change and closing at 10 pm. Now, what else is there to do in Arkansas City at 11 at night?

"I know of some spooky houses in town," said Teeza. That was enough said. We ran to the vehicles, got some flashlights and coats and headed out to find some ghosts, without breaking trespassing laws. The first house we visited had a gate in front with a padlock on it. Supposedly a man murdered his family and hung himself in the barn. The next day we revisited it to find some lonely buildings that used to be party pads. The barn oddly enough still contains the noose used by the man.

The second house we paid a visit to was allegedly used by satanic worshippers. Legends say that two humans were sacrificed in

Kami Walter and Charlie Moore spend time with their furry friends to pass the time along.



Shausha Lee concocts a kool brew of Pixie Stix, sugar and water.



the basement, and the Bible was in the attic. When we returned the following day, ironically, we found the roof was collapsed and paintball was a popular activity there. When a truck with three rough looking men pulled into the drive, we panicked. Rushing out to them, I assumed they were the owners and introduced myself as the editor of the Pulse magazine. They were more interested in the antique truck in the yard and were looking to buy it. It could have been

some quick cash for broke college students!

But the next day was just as exciting as we ventured to Summit to catch some action. We caught Kami Walter when she was stepping out of Sun Seekers from tanning. She and her fiancé Charlie Moore were checking out the pet store, so we tagged along. Kami took a liking to the ferrets as Charlie was attracted to the rats. The prices on the pets are affordable, but who can choose just one?

We exited the pet store and glanced inside the Cutting Edge tattoo parlor to see two fearless customers. One lady just got a rose tattoo on her wrist and we were in time to catch the action of a young man receiving his piece of art work. After about 15 minutes of watching his pain, we headed out to write this story.

So this concludes that there is action in Arkansas City. The next time you start to complain about being bored, think again. To have fun is to make fun.

For those who
claim there is
nothing to do
in Ark City,
this proves
there is
something!



One young man braves the needle at the Cutting Edge Tattoo parlor.





PAMELA HANN



JUANITA SMITH



TRICIA MORGAN



KARA REYNOLDS



CRISTY GRAGERT



JESSE LANDES

COWLEY'S MOST WANTED

By Kara Reynolds

Trapped deep in the dark basement of Galle-oh Johnson Hall, the 12 pulse staff members spend at least two long hours a week with the garden, Dave Bostwick. Working diligently to complete the 36-page magazine before the deadline, the group spends a lot of time together and working with each other. In addition to coming to class two days a week, the staff members attend worknights during the semester to finish and proof pages. Some members are also responsible for taking pictures and spending time outside of class conduct-

ing interviews.

Using the computers in the Mac Lab, the staff lays pages out in Quark Xpress and uses other programs such as Freehand, Photoshop, and ClarisWorks. Most

of the pages are assigned to groups who work together to complete the pages. This allows the staff members to do the things they like, and not have to do things they don't.

Editors of The Pulse were Pamela Hann, Editor in Chief; Cristy Gragert, Layout Editor; and Tricia Morgan, Photography Editor.

THE 12 INTELLECTUAL MINDS BEHIND THE PULSE MAGAZINE

LARON SUTTON

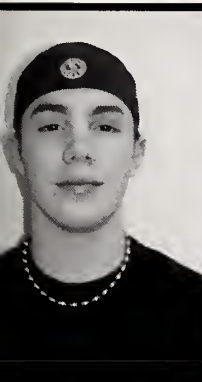
ALLIE HILLEARY

ERIN DAVIS

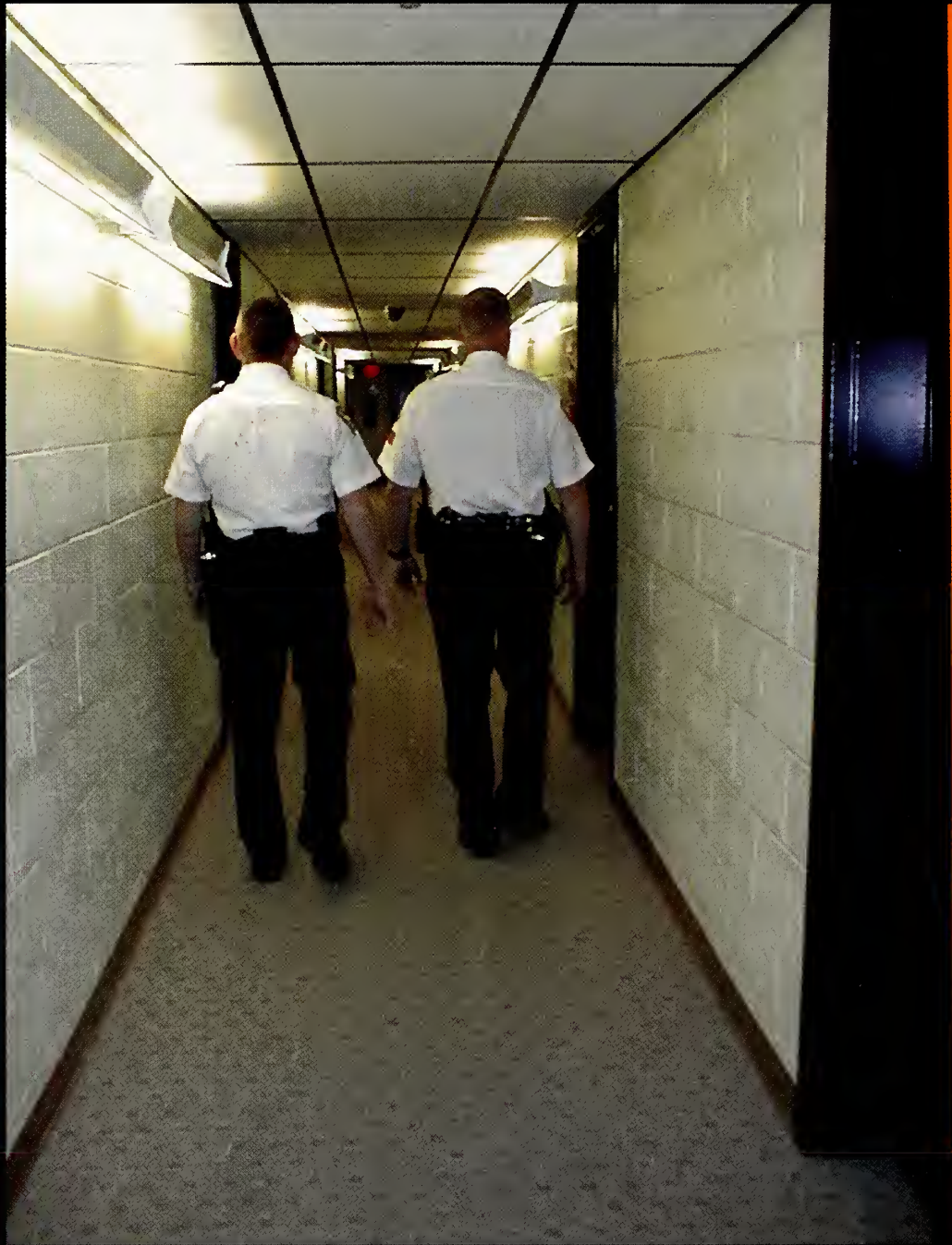
GARRET THOMPSON

RACHEL MORRISON

SHELBY KNOWLES



... To End



Cowley College
125 S. Second St.
Arkansas City, KS 67005

The

PULSE

FALL 2000

The Student Magazine of Cowley College

New and Improved
BOOKSTORE

**ELECTRIC
TANNING**

How It Affects
You and Your Skin

Weird Appetites:
Are You What You Eat?



From the Editors

Dear Readers,

When I found out that I would be taking over the controls for the fall and spring semesters, I was kind of nervous. After the first day of class, I realized how unfounded my fears were.

The staff members are not only hard-working and creative, but good people. This semester we all tried to bring *The Pulse* a new flare. From day one we have all worked together as a team to make this issue one of the best this college has ever seen. Without sounding overconfident, I think that our mission was accomplished.

I hope you enjoy this issue and that we have done a good job in entertaining and informing you.



A handwritten signature in cursive script that reads "Allie Hilleary".

Allie Hilleary
Editor-in-Chief



A handwritten signature in cursive script that reads "Shelby Knowles".

Shelby Knowles
Assistant Editor



A handwritten signature in cursive script that reads "Aaron Sutton".

Aaron Sutton
Design Editor



A handwritten signature in cursive script that reads "Garret Thompson".

Garret Thompson
Design Editor



A handwritten signature in cursive script that reads "Tricia Morgan".

Tricia Morgan
Photography Editor

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A NEW TWIST USING OLD TALES

by Stacy Gragert
and Greg Yunker

With the grand opening on Aug. 14, the newly relocated bookstore features something old and something new. The bookstore was relocated to 207 W. Fifth Ave., directly west of the Wellness Center. A ribbon-cutting ceremony took place on Aug. 17. The main objective of the new bookstore is to be more accessible to the public.

"The new building is wonderful and more spacious," says Manager Shannon O'Toole, shown here at left with assistant Melissa Hollister.



Last spring on April 17 the West Foster Building, purchased from Bob Foster years ago, was torn down, making way for the new bookstore. Sid Regnier, Cowley's retiring vice president of Business Services, was given the go-ahead to pursue a new bookstore early in 2000. And for the fall 2000 semester, the bookstore opened and was named in Regnier's honor.

Regnier has been involved in the construction of many new facilities at Cowley College, but few projects went from the ground up more quickly than the college's new bookstore.

"The move went smoother than expected," said Manager Shannon O'Toole. "The new building is wonderful and more spacious to accommodate all of the new merchandise."

Parts of several old buildings provided attachments and accessories to the new bookstore.

■ Decorations were used from the 201, 205, and 207 W. Fifth Ave. buildings along with other various old high schools. Two round globe ceiling fixtures above the walkway inside are from the 205 W. Fifth Ave. building.

■ The reconfigured ceiling was from the old 207 W. Fifth Ave. building.

■ Six metal pillars highlight the interior windows and entrance along with a railing in the southwest corner, all from the 207 building.

Displays in the bookstore include art supplies, textbooks, writing utensils, clothing, and other items containing the Cowley College logo.

Photos by Stacy Gragert, Adrianne Ryel, and Heather Benoit.

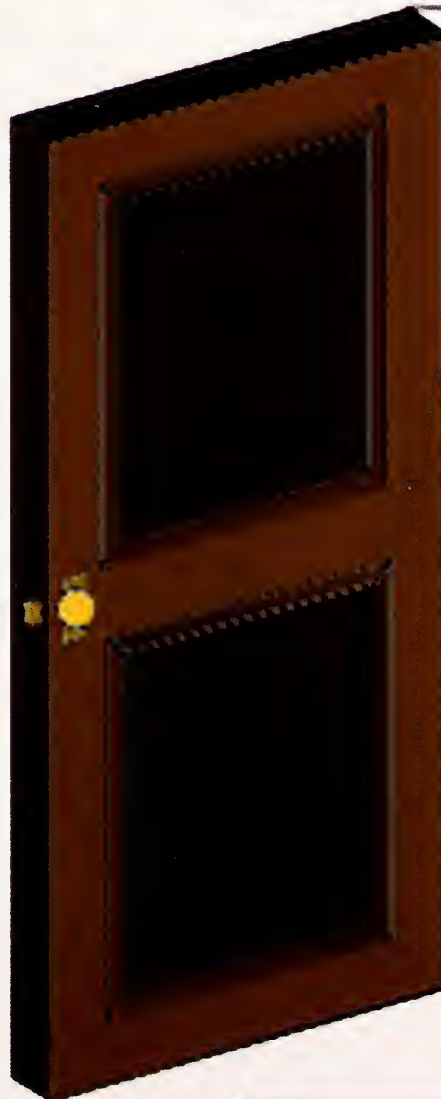


- The original limestone wall was common to the 205 and 207 buildings.
- A decorative fire place was sand-blasted and painted and brought to the new bookstore from the old 1890 high school.
- Also from the old high school are the interior doors of the manager's office.
- Four interior copper sconce lights were removed from the north entry of the old 1923 high school building.
- The counter top on the coffee bar are slate chalkboards from the 1911, 1919, and 1923 school buildings.

Regnier also hoped to install an old-time Coca-Cola machine that dispenses small bottles. Old photographs of various college activities and other accessories are displayed in the bookstore. There are also computers to provide access to the internet for students and a place to study.

"The new bookstore looks a lot more like a college bookstore now," said sophomore Kristal Baldwin. "Things are much easier to find because it is a lot bigger."

What does the future hold for the new bookstore? College officials are hoping to add online book buying so that students can buy their textbooks online. The new store also is increasingly being used as a site for ticket sales for campus events. With its new location and larger area, the possibilities seem endless.



BOOKSTORE 411

- If you noticed the main area of the bookstore is bright, that's because there are 80 lights.
- Before you head to the greens, you can stop by the bookstore and pick up some golf tees; there are seven different colors.
- For your favorite beverages, there are 11 different types of containers, ranging from shot glasses to mugs.
- For students who actually read, there are 244 different titles of textbooks.
- For you beanie baby lovers, the bookstore sells tiger beanie babies. At the last check there were only 15 left.
- If you need to comb your hair you can pick up a black plastic comb for 20 cents.

REMEMBER THE TIGERS

For those who weren't around campus at the time, here's a brief history lesson on why Cowley doesn't play football.

By Allie Hilleary and
Shelby Knowles

Many students were only 3 or 4 years old when the Cowley football players took off their helmets for the last time. On Dec. 19, 1983, the Board of Trustees voted to end a 57-year tradition. There would be no more Cowley College football.

The decision was a close one, with a 4-2 vote.

"People are still angry about the decision," said Athletic Director Tom Saia. "We lost boosters that still won't support us."

Campus mailroom clerk Buel Beck has fond memories of playing for the Tigers. From 1951 to 1952 Beck was a halfback. He said there were only 22 men and 36 women in his graduating class.

"It was more fun back then. It was just a game. I wasn't very good, but I had fun," said Beck.

Softball coach Ed Hargrove also has fond memories of playing football for Cowley.

"I played from '66 to '67 as an offensive tackle. The town was supportive. We had a good core base of followers and boosters," said Hargrove.

Cowley football reached its peak in the late 1970s. Over the next three seasons the football team won 21 games and lost only 10. For Ark City 1979 and 1980 were, as Saia puts it, "the big time," with Ark City High School winning a class 5A football championship and Cowley going to the conference championship undefeated.

**A lone fan sits and awaits
the return of Cowley football.
(photo by Tricia Morgan)**



So what happened to a team that had a steady following in the '60s and '70s and was ranked 12th in the 1982 NJCAA pre-season poll? In the early '80s the team began to fall apart, which, according to Director of Campus Security Elvin Hatfield, caused things to go from bad to worse.

"A contributing factor was a desire upon the then current administration to implement a winning football team since we

had undergone consecutive losing seasons," said Hatfield. The team had a discipline problem that led to campus and community problems.

According to Hatfield, after one particular game, players rampaged throughout the campus and community. It resulted in thousands of dollars worth of damage. "That was probably the straw that broke the camel's back," he said.

According to Hargrove, who not only played here but coached and remained a loyal fan, the answer is not so simple.

Hargrove, who was a clerk to the Board of Trustees in 1983, said that during the meeting that ended the football team, there were several options on how to handle the program. One was to put more money into the program; another was to leave the program as it was; and yet another option was to spend less on the program and make it a club sport. During the fateful meeting there were six trustees: Ralph Keef and Bill Curliss from Ark City; Dick Bonfy, Dr. Charles Kerr, and Steve McSpaden from Winfield; and Joe McFall from Dexter.

The trustees from Ark City voted to keep the program. One of the Winfield trustees suggested to drop the program altogether.

"I feel like it was a set-up. From the attitude of the meeting, it felt prearranged," said Hargrove.

However, Bonfy disagreed. "We're public officials. We would not have done that," he said.

After the vote there was a huge outcry from local people and students. One angry CCCC sports enthusiast even nicknamed the decision the "*Monday Night Massacre*." The meeting that followed overflowed the board room with angry citizens demanding that the program be reinstated. The protesters were denied. The decision had been made and it was final. The ordeal especially affected the lives of freshmen team members who lost their scholarships and had to move to other schools at semester.

Hatfield says that he does not miss the football team and that conditions on campus have improved "100 percent" without the team.

"Coaches here today are concerned about more than winning. They care about the athletes' academics and behavior," said Hatfield.

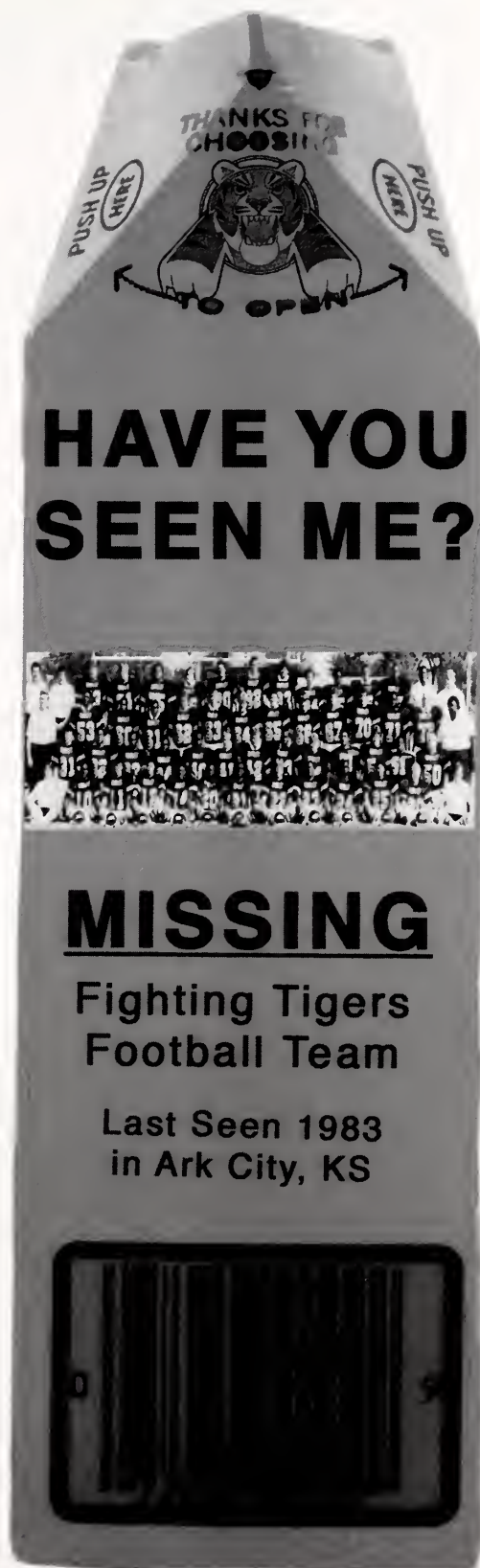
So what do our two former Cowley players turned employees think about the loss of the team?

"Football is a little more aggressive and destructive by nature," Hargrove said. "There are more team members and some of the guys were from bigger cities. The problems could have been worked on but they chose to just drop it."

Beck said, "I miss it but can understand why they chose to get rid of it. I'm sure it was very expensive."

Despite all rumors and controversy, one fact remains clear: the football program was dropped. Football players probably won't return to campus anytime soon, either.

This leaves one important question: "Does anyone remember the Tigers?"



Cowley Ceepeesakes

Photos by Amanda Martin

Do you remember the famous comic strip "Peanuts"? There's the unforgettable Charlie Brown and his sidekick Linus, who always had to carry around his dirty ol' blanket that he just couldn't live without.

We decided to ask what some of these Cowley County Linuses couldn't leave home without. In most cases it wasn't their blankets. Here is what they had to say.

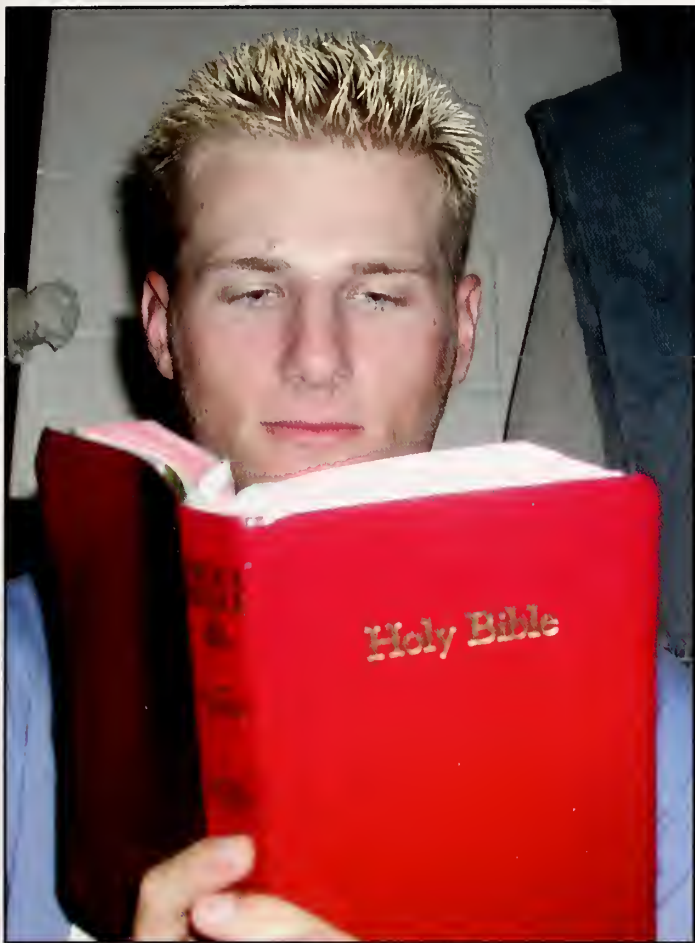


Freshman **Lindsay Welty** says she couldn't live without her Care Bear.

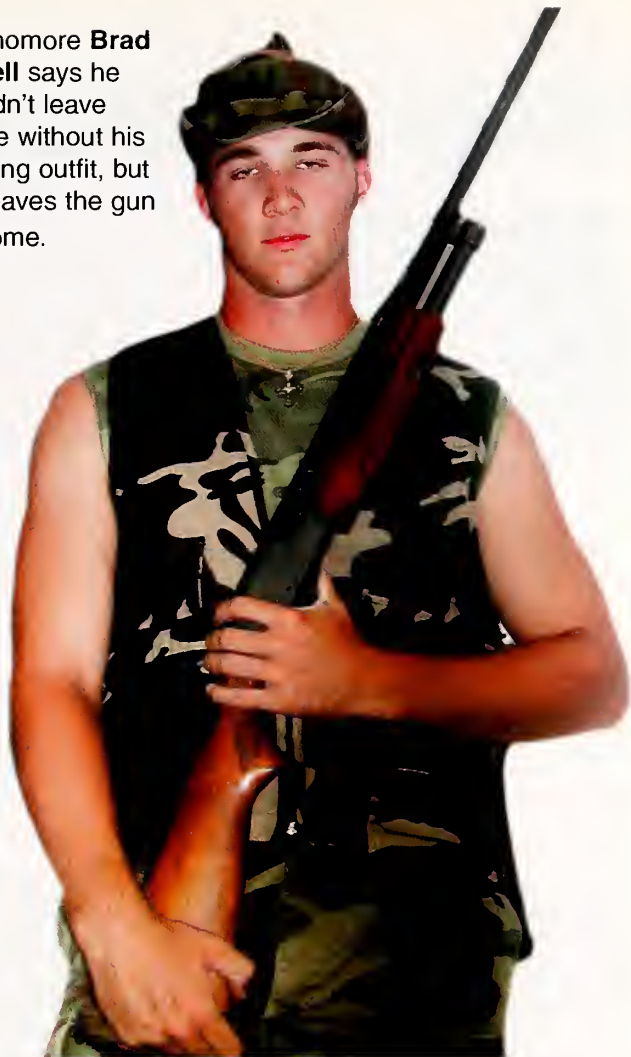


Freshman **Ryan Graham** says he couldn't live without his Super Nintendo.

Sophomore **Wes Detwiler** says he couldn't leave home without his Bible.



Sophomore **Brad Lovell** says he couldn't leave home without his hunting outfit, but he leaves the gun at home.



Freshman **John Urick** looks sadly at a picture of him and his girlfriend. He says he could not leave home without his picture.

Stop Pushing My Buttons



The Story of The Copy Machine Twins

By Amanda Hays and Greg Yunker



The smartest twins in the school don't have any classes, and they don't live in the dorms. They are 9956 and 9955, the copy machines in the Admissions office. They can staple pages together, punch holes in them, sort the pages, and collate them. They can also connect together to share the load. They will each follow the same examples and split the load in half. During September they copied a total of 110,000 pages. That is approximately 3,600 per day.



We had the opportunity to have an exclusive interview with the oldest of the twins, 9956, the head copy machine. He is also in charge of his younger twin brother 9955.

Q: *What starts off your daily routine?*

A: I wake up every morning to a mass of people trying to copy things that they could have easily done the day before. I hate it when there are about a dozen people waiting impatiently to copy hundreds of pages. Today is no different. I woke up from a very nice yet short nap when someone pushed too many buttons and then got mad at me when I became confused. He yelled at me and told me I was stupid.

Q: *How do you feel when people call you stupid?*

A: I'm not stupid! I do exactly what I'm told to do.

Q: *Are the mornings hectic?*

A: Yes, this morning was particularly hectic with math tests, English examples, and history worksheets. But the most exciting part of the day was when my twin brother 9955 ran out of staples. A math teacher tried to replace the staples, but there were no staples left.

Q: *So what did she do?*

A: She had to staple the test together by herself. Little did she know that I had staples but I was unwilling to share.

Q: *Did you ever get any more staples?*

A: Later that day the copy machine doctor came to give him some staples. So he [9955] was happy. In fact, he is always happy.

Q: *Tell us more about your twin brother 9955.*

A: My brother is the laid-back happy one. I, on the other hand, am sick and tired of being treated badly. I'm always the one that gets blamed for everything.

Q: *Give us an example.*

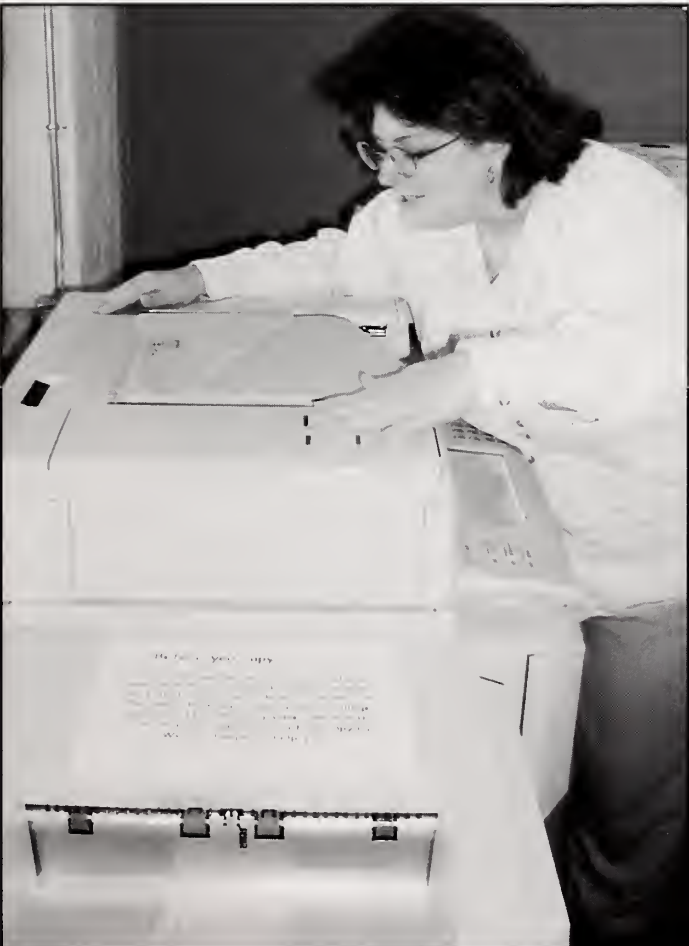
A: One time I was so angry that smoke began to come out of my sides. Apparently, a piece of paper had gotten stuck between the roller and the heating element and almost started a fire. This caused the entire office to smell like smoke. Talk about being abused. That day I was kicked and yelled at for getting mad. It just isn't fair.

To end the interview 9955 yells, "Oh, take a chill pill, man," to his brother. He adds, "You're always complaining. You never take the time to enjoy the fact that you get to see all of the tests for all the classes before they are given to the students. I've learned so much by just being quiet and doing what I'm told." The fighting continues as we leave the room.

Number of Copies Made In the Year 2000

January	130,500
February	146,500
March	142,000
April	116,700
May	94,500
June	43,600
July	59,600
August	130,400
September	111,000

Statistics are for the copy machines in the Admissions office.



"Copymaster" Haley Marymee abuses 9956 because of its misbehavior (opposing page) and shows her appreciation to 9955 for behaving (above).

Do We Have A President Yet?

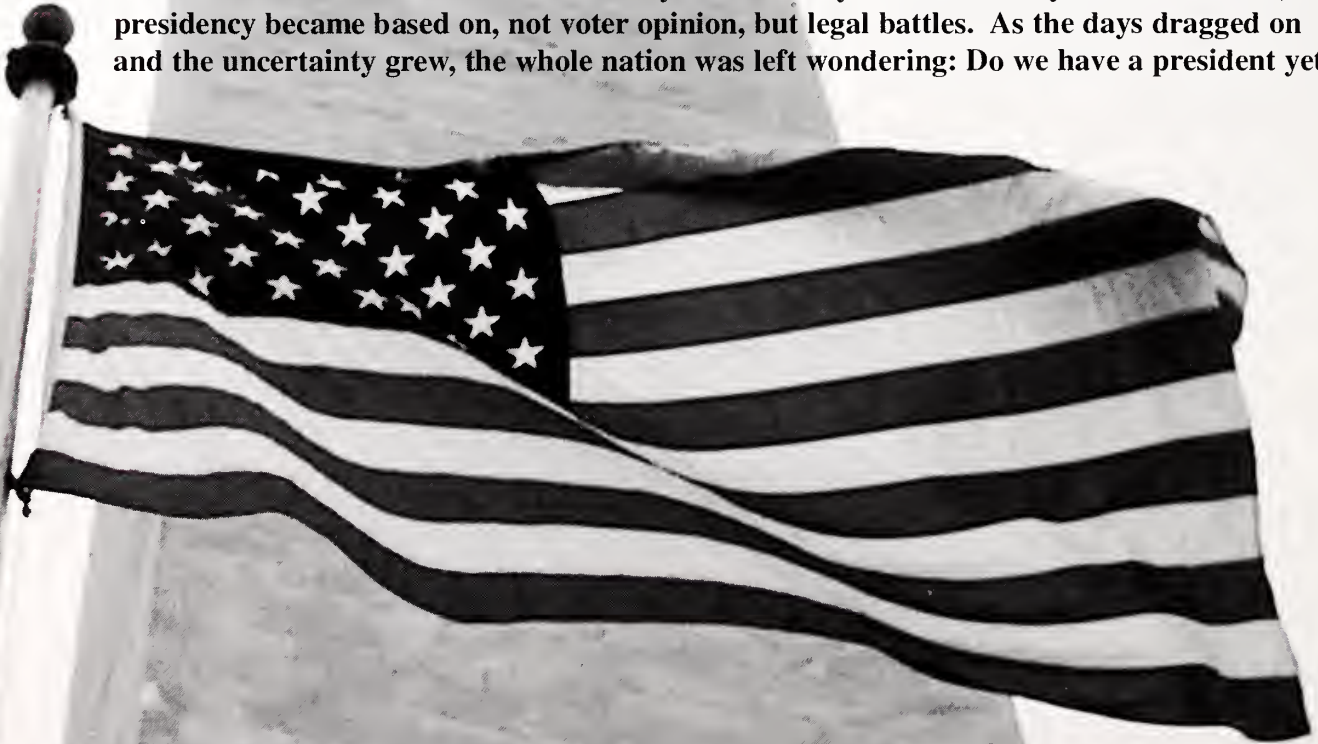
By Allie Hilleary and Shelby Knowles

Photos by Heather Benoit, Jennifer Stone, Molly Bostwick, and Dave Bostwick

As the country waited to see who would be the 43rd President of the United States of America, seven journalism students were there to see the nation's capital up close and personal. At The Associated Collegiate Press Conference, the seven listened to media experts debate the situation and watched citizens use their First Amendment rights and rally in front of the Capitol building. The trip wasn't all business. Not even bad weather or sore feet from miles of walking stopped them from seeing the sights of D.C. While in Washington the seven took in many of the main tourism attractions. They even got to tour the first-ever multi-million dollar museum dedicated strictly to journalism, The Newseum. Standing in front of the Capitol, with flags blowing in the wind, and the presidential election up in the air, one of the students summed it all up by saying "I feel so patriotic!" Not even the thriving D.C. nightlife could keep them from getting up every morning and tuning in to learn that neither major candidate – Vice President Al Gore or Texas Governor George W. Bush – had won the presidency yet.

From the beginning of the presidential debates, Gore and Bush played a political game of tug'o'war. Both candidates went up and down in polls and public opinion. With both candidates neck in neck it was up to Florida and its few thousand absentee votes to break the tie and declare the winner. The old saying "Every vote counts" was being tried and found to be true.

Appropriately enough, the outcome was not decided when *The Pulse* went to print. It was the closest race in the nation's history and in today's world of lawyers and lawsuits, the presidency became based on, not voter opinion, but legal battles. As the days dragged on and the uncertainty grew, the whole nation was left wondering: Do we have a president yet?



FIVE DAYS IN D.C.



THE TWO JIMA MEMORIAL



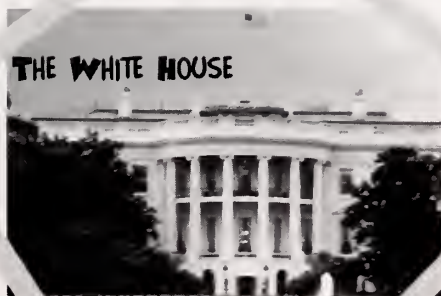
AARON SUTTON, SHELBY KNOX, ALLE HILLARY, JENNIFER STONE, GARRET THOMPSON, AND HEATHER BENOIT



BUSH SUPPORTERS AT THE STEPS OF THE CAPITOL BUILDING



A STREET PERFORMER PLAYS ON THE SIDEWALK OUTSIDE OF THE MUSEUM OF AMERICAN HISTORY



THE WHITE HOUSE



PIECE OF THE BERLIN WALL AT THE NEWSEUM

MATH + STUDENTS = ANXIETY

Does $x+y$ have you sweating? Would you rather pull your hair out than go to Algebra class? Unfortunately, there is no avoiding it. All of Cowley's degree programs require a mathematics course. Two math instructors at Cowley give some tips on how to conquer math anxiety.

A boat traveled 30 miles down river and returned. The total time for the round trip was 4 hours, and the rate of the river's current was 4 miles per hour. What is the rate of the boat in still water?

- A) How will this ever help me in the real world?
- B) I'll never be in a boat. I'm scared of water.
- C) I'll just look in the back of the book; it's an odd problem.
- D) Who cares?

If you chose any of the options above, you're not alone. Many students don't like, don't understand, and just don't care about math. The number one reason is they don't think it will ever help them later on in life. So why are they in the class in the first place? Math major, English major, whatever your major, all of Cowley's degree programs require some type of mathematics course.

Darrick Hoover, an Intermediate Algebra student, says, "I used to be good at math, until they put the alphabet in it. Why would you put the alphabet in math?" He is among the many students who don't understand the relevance of math.

Denise Beach, a mathematics instructor at Cowley, says, "Math has a lot more relevance than people realize. It is a higher level thinking process. Like exercise for the body, math is exercise for the brain."

Beach says there are a couple of techniques to use when trying to understand math. She says don't avoid it, and try to find the relevance in what you're working on.

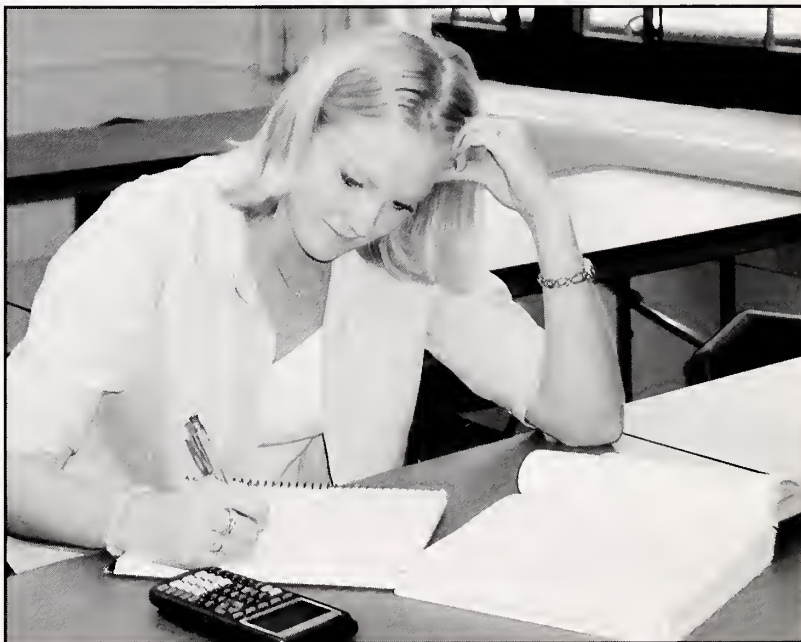
Karolee Weller, another mathematics instructor, says that about a fourth of her students in an average

math class struggle. She believes there are a couple of reasons students are anxious and have trouble. "A bad experience with previous math classes could make a student build up anxiety towards math," Weller says. "Others come in anxious because they haven't taken math for a while and they are nervous they won't remember and are scared to fail."

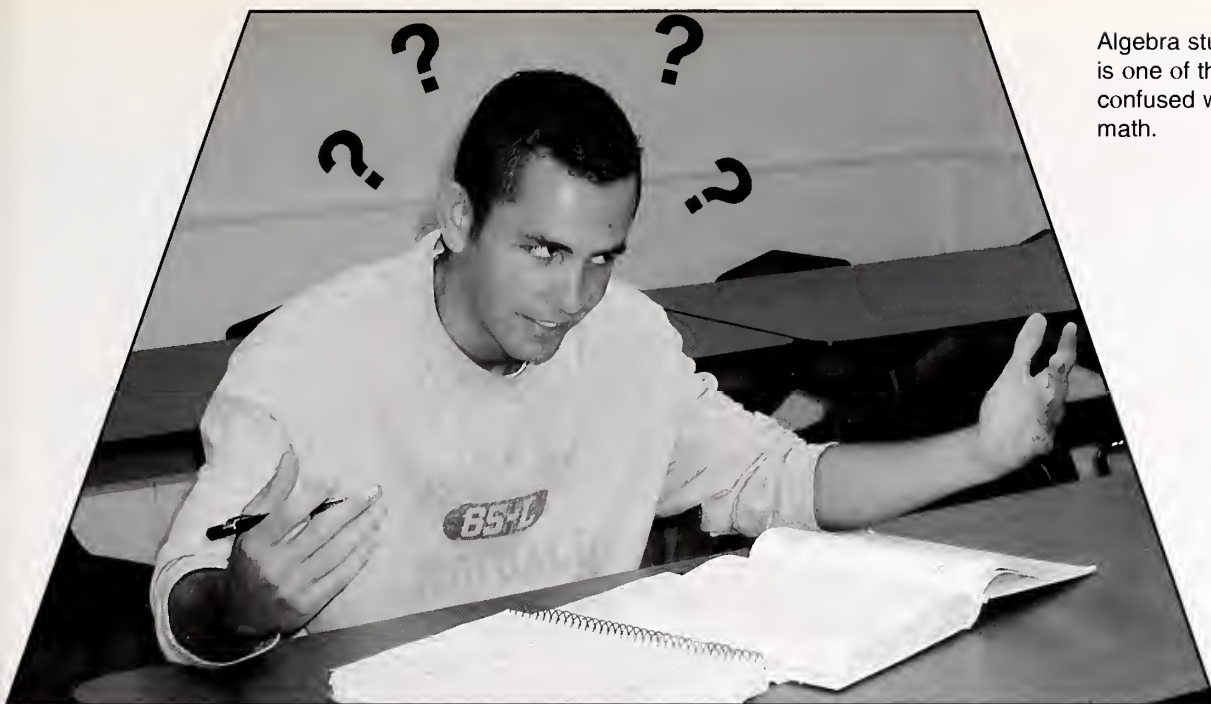
As for the students who wonder when math will ever help them in the real world, she says, "There is no way to determine a specific instance where they will need math. My job is to give them a general knowledge and maybe they can use those skills in life."

Weller has a few tips to help students survive math. She says if you know you struggle with math, go into it knowing that you can get all of the help you need from the instructor, tutors, or a study group. Go to class every time so you can learn the strategy you need to understand your homework.

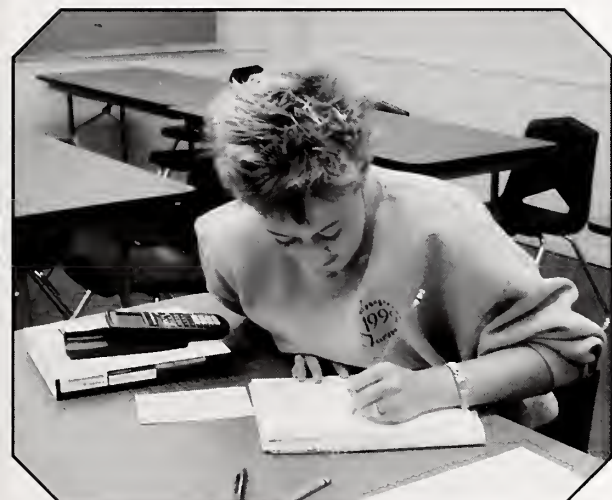
So, even if you plus math equals confusion, there is no way around it. It is a formula you have to solve and an anxiety you must face.



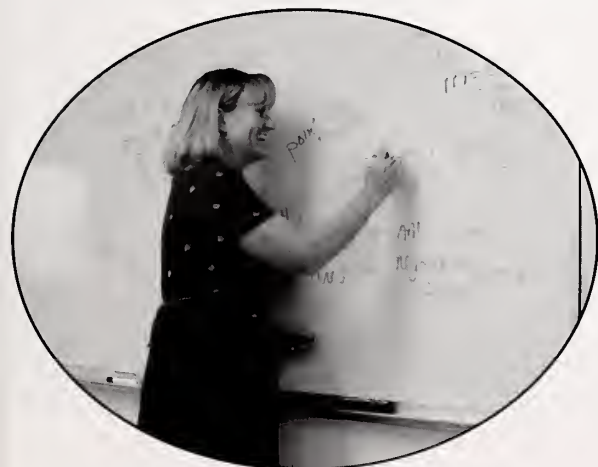
Stephanie Hull, an Intermediate Algebra student, struggles through her assignment.



Algebra student Darrick Hoover is one of the many students confused when it comes to math.



Meggan Kennedy works on her assignment, trying to keep up and survive her math class.



Algebra Instructor Denise Beach says that math is "exercise for the brain."

MATH-O-PHOBIA

Opinion

By Misty Thompson

Hundreds of Cowley students have suffered the symptoms: chronic headaches popping up during the same class period every day, long sleepless nights struggling with a problem that has no apparent answer, taking tests that leave palms sweating and minds numb. Diagnosis – math-o-phobia.

On campus during the fall semester, 63 percent of the students enrolled in math were taking a lower level course, while only 37 percent were enrolled in College Algebra. The 63 percent, AKA victims of math, might have prevented their future pain with a few simple measures: taking four years of high school math. Although it varies, high schools most generally require only two to three credits of math in order to graduate. For most students this meant a senior year free from solving for x .

These seniors then became

freshmen unprepared for the horrors of College Algebra. Many attempt this class two or three semesters before finally accepting that it is a graduation requirement and it is not going away. Although it is too late to change what we didn't take in high school, there are things students can do to end this phobia once and for all.

If you are one of the many who must begin their math careers at Cowley with Beginning or Intermediate Algebra, do not put it off. Even though you don't receive credit for these classes, get in there and finish them. You'll feel a lot better about yourself once you have them out of the way.

Once you've enrolled in the class, stay in the class. By dropping it you are only putting off the inevitable, as well as wasting your money. It's only every other day for four months of your life, so get it over with so you can move on to the fun stuff.

Culinary Incorrectness

By Justin Kendall

Layout by Garret Thompson

Have you ever been eating with some friends in a restaurant when suddenly you glance up and notice that as you're mixing ketchup and mayonnaise to create the ultimate fry sauce, or dipping a chicken nugget in your frosty, your friends are staring at you in queasy distaste.

For all who have found themselves in situations such as this, this article is for you.

For those of you displaced souls who have been scorned by the mainstream of culinary correctness, and thrive on non-conformity in the world of fine foods, you are not alone. The Pulse is pleased to provide you with a forum, a platform if you will, to share your unique eating habits with the world and to once and for all tear down the wall that separates you like

mere vagabonds from a world which would benefit from your rich and varied tastes.

What is culinary correctness? Who defines what and how we should eat? Is it a chef who spends four years in culinary school and thinks that that gives him the right to choose how we eat? Is it the lunch lady who discriminately spoons your food into separate compartments on your tray? No, in the end it is us. We must make our own decisions on how we eat. We must take the power away from those who would decide for us, and enjoy our new-found freedom. I say dip your corn dog in mashed potatoes, drown your macaroni in ketchup, eat your eggs with honey and be happy.



If you've ever thought about entering a **raw egg** eating contest, Satoshi (Eddie) Tonomura is waiting for a challenger.

In the cafeteria, Irene Zeman fixes a **bologna and potato chip sandwich** while Diane Wilson tops off her **popcorn with ranch dressing**.



Kari Crow enjoys **pickles and ice cream**. She also has an acquired taste for **Ritz crackers with frosting**.

COLLEGE: The DEATH of a well-balanced diet

Throughout the school year, students have plenty on their minds. So much in fact that they often neglect to follow certain nutritional guidelines that keep our bodies healthy and happy. Through endless hours of studying, all night cram sessions (we're not talking food), and wild weekend parties, it's easy to see how a student's diet can suffer. Here are some tips from Vicki Givens, Director of Health Services, and Judy Queen, Instructor of Social Sciences and Nutrition, on avoiding the nutritional pitfalls of college life for students.

- You've heard it a thousand times, but first and foremost, eat a well balanced diet to provide sources of energy for optimal growth and development. Queen says, "Follow the food Pyramid; it's a great way to make sure that you're getting all the vitamins and minerals your body needs."
- Drink at least 8 ounces of water a day.
- Use your head, nobody knows your body like you.
- "Never go five hours without eating," Givens says, "In fact, you should eat a small snack every 2 to 2 1/2 hours."
- Set a schedule for eating your meals, and stick to it when at all possible.
- Never skip any meal, especially breakfast. It's the most important meal of the day.
- Carbohydrates are the brain food.
- Take a nutrition class; it's amazing what you can learn about your body and your diet.

For more information, zip over to www.mayohealth.org on the web and follow the nutrition link.



In Christine Lunderville's case, there's nothing like **chicken nuggets with her ice cream frosty**...Literally.



Just the two of us:
guitar players Tim
Durham and Dave
Bostwick concentrate
on the song at hand.
(photo by Tricia
Morgan)

Behind The *Music*

**Story and design by
Jennifer Stone**

After two years as the Cowley Faculty Rock Band, five musicians are searching for a new name.

"We need help," says Gary Gackstatter. The group is unhappy with their current name's lack of zest.

"The name is bad. We need a new name," says drummer Chris Mayer. They have come up with several possible names, but nothing all five musicians have agreed on. Among the suggested names are The Flying Sock Monkeys (derived from the Wizard of Oz), The Nutty Professors, and Bored of Education.

Gackstatter, who organized the band, wanted to form a group and get a chance to play, just for fun.

"We all just clicked," says Tim Durham. The band consists of Gackstatter on bass guitar, Mayer on drums, Durham on keyboard and guitar, Steve Butler on keyboard, and Dave Bostwick on guitar and harmonica.

This group has a diverse musical

history. Gackstatter is the instrumental music director here at Cowley; Butler is also a music instructor. Durham is an adjunct music instructor at Cowley and has been part of numerous bands. Although they teach subjects other than music at Cowley, Mayer and Bostwick have each been part of a list of bands a mile long.

"I wanted to be a rock star, but it didn't work out, so here I am," said Bostwick.

They rarely have a chance to practice.

"It's kind of remarkable that we can pull anything off because we never practice," says Mayer. They find it difficult to get together and practice because they are each so busy. But, according to Durham, they each play their instruments so well they don't need a lot of practice.

"We can go through a song together once or twice, and we've got it," he said.



The group sweats through a performance in temperatures well over 100 degrees at the 102.5 Birthday Bash. (Photo by Cody Griesel)

Drummer Chris Mayer keeps the beat during a Friday Arts a la Carte performance. Mayer was a full-time musician for seven years before joining the Cowley staff. (photo by Tricia Morgan)



Name That Band

Create a name you think fits the Cowley Faculty Rock band. Then e-mail your selection to gackstatter@cowleycollege.com. If the band chooses the name you suggest, you may get a once in a lifetime chance to rock with the band on the cowbell!

NAME _____

OR

Vote for one of the below,

- ☐ The Flying Sock Monkeys
- ☐ The Nutty Professors
- ☐ Bored of Education
- ☐ The Professionals
- ☐ Weekend Warriors



Bass guitar player Gary Gackstatter (above) feels the beat. (photo by Cody Griesel)

Keyboard player Steve Butler (left) sings "She's Always a Woman to Me." (photo by Tricia Morgan)

ANNIE GET YOUR GUN



Annie and Frank fight their final fight over who is the best shot.

By Trishel Riggs and Erica Scott

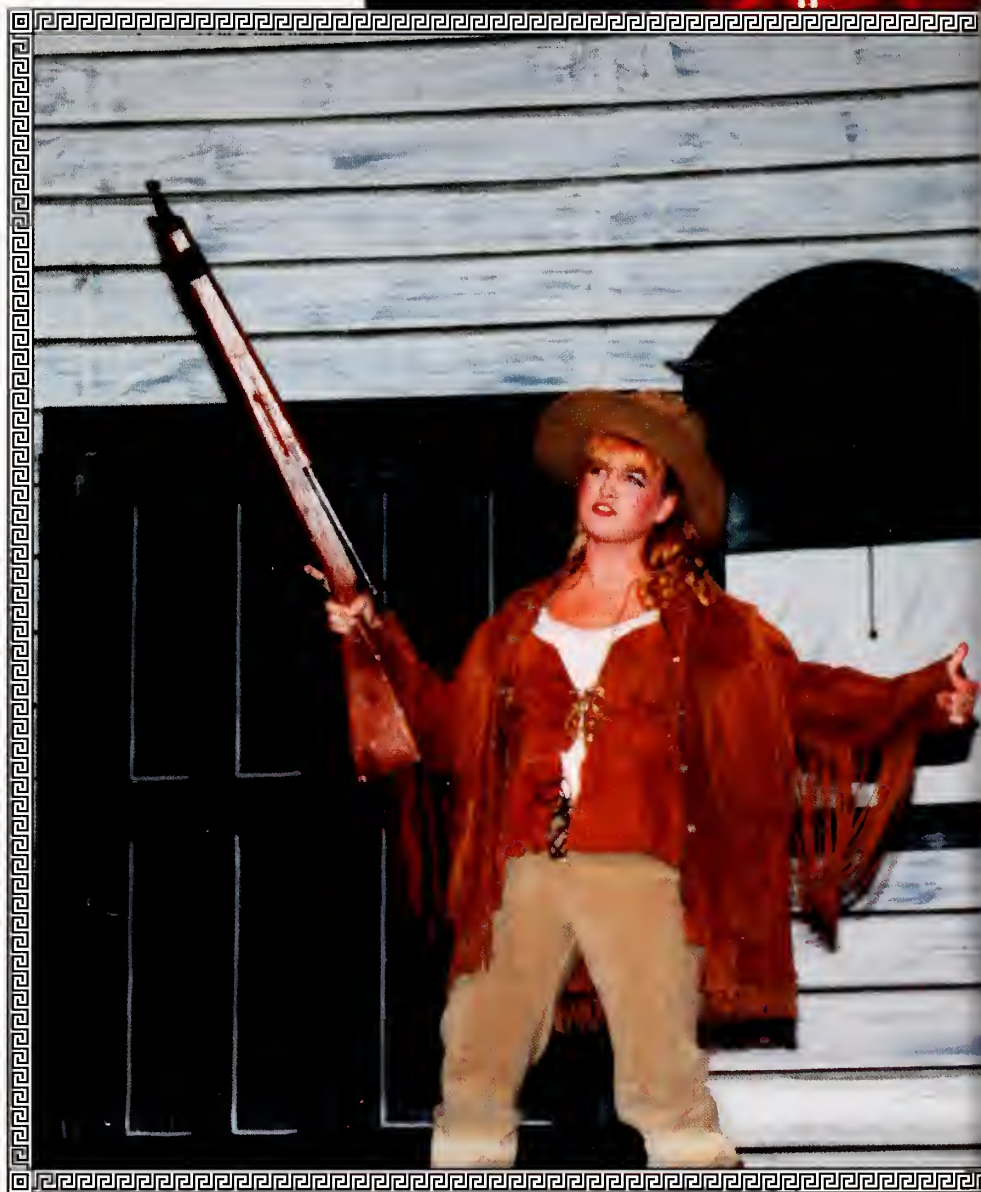
After only six weeks of memorization, set construction, prop gathering and practice, practice, practice, the cast and crew of *Annie Get Your Gun* was ready for three nights of performances. The matinee on Wednesday was a sold-out show and hundreds of others anxiously waited to view the performance on Thursday, Friday and Saturday.

"It was great! I loved it!" exclaimed Joy Hutton, a computer graphics major.

Tryouts were held within the first two weeks of school. The only requirement to audition was to be a student. Blake Stites, the brave man who played one of the lead roles, Frank Butler, had never sung or performed in public until this musical. Samaria Bowling, who played Annie, was in the same position last year when she came to Cowley.

Annie Get Your Gun featured Connie Wedel and Steve Butler directing vocals, Gary Gackstatter directing the pit orchestra, Scott MacLaughlin as technical director, Lana Sleeper's choreography, and Dejon Ewing's stage direction.

"There was a lot of great talent at try-outs," said Ewing. This show was the 25th college-level production that Ewing has directed. The spring play will be the last production that Ewing directs, however. In November she announced to her students that she would be concentrating on her teaching duties and would no longer be theater director.



Annie sings one of her featured songs, "You Can't Get a Man With a Gun." Annie Oakley is the best shot around, and early in the musical she manages to support her little brother and sister by selling the game she hunts. After being discovered by Buffalo Bill and joining his Wild West Show she soon surpassed her partner Frank. Although that was great for business it was bad for their romance.



Love at first sight:

Annie's first look at Frank is nothing short of fireworks. This, of course, is before she realizes he's the "big swollen headed" man who challenges her to a shootout.



Show Attendance:

Thurs.....450

Fri.....700

Sat.....700

Cross dressing directors:

Dejon Ewing, Steve Butler, Scott MacLaughlin and Connie Wedel demonstrate what happens when a bet among the male and female cast and crew ends in a tie.



CAST

Buffalo Bill.....	Carthon Diggs
Frank.....	Blake Stites
Dolly.....	Sarah Stueve
Foster Wilson.....	Tyson Bay
Charlie.....	Mason Powell
Annie.....	Samaria Bowling
Jessie.....	Courtney Crain
Nellie.....	Nicole Brown
Little Jake.....	Boomer Saia
Pawnee Bill.....	Dan Renard
Chief Sitting Bull.....	Joel Arnold

LADIES' CHORUS:

Melissa Cleary
Katie Doornbos
Amber Hale
Allison Kimble
Meghann Lanning
Lindsay Ramirez
Jacque Torrence
Marcy Whitson
Jennifer Cox
Jessica Watts



MEN'S CHORUS:

Tyson Bay
Garrett Glaser
Justin Goggans
Travis Griffin
Isaac Hoskins
Brian Jacoby
Jake Moss
Dan Renard

Cowley MUSIC

Photos by Heather Benoit, Carolyn Nichols & Tricia Morgan

Stories by Erica Scott & Katie O' Bryan

Concert Band

For seven years the Cowley Concert Band has wowed audiences with its wide variety of expressive types and styles of music. According to bassoon player Michael Dykes, the Concert Band differs from the Jazz Band because its music is usually more formal.

Gackstatter says, "I expect kids to make their instrument like an extension of their own body, and to use it as a means for personal expression."

Over the past three years, the Concert Band has been invited to play at Wichita State University and Kansas State University. Also, selected band members have been invited to play in the Kansas Intercollegiate Band.

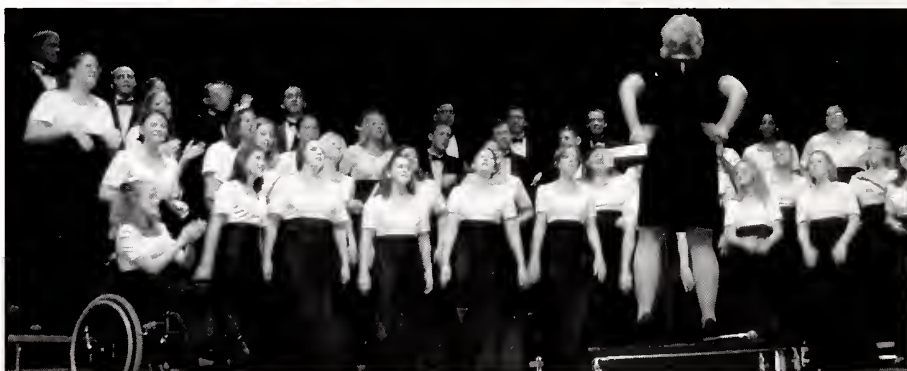
The highlight of the last concert, held on Oct. 15 in the Brown Center auditorium, seemed to be "Ghost Dance," a piece Gackstatter wrote himself. It symbolized the Sioux Indian massacre and was dramatized by the use of quadraphonics, or the placement of percussionists in the four corners of the auditorium. At the conclusion, musicians made a series of staged exits to express the reality and finality of the Sioux race.



Darci Barbour (above) exits the stage as part of the performance of "Ghost Dance" at the Oct. 15 concert (also shown below).



Concert Choir



Concert Choir performs at the Fall Concert in the Brown Center.

How often does a choir have the perfect ratio of men to women? Not very often, but instructor Connie Wedel is pleased to say that this is the best balance she has ever had in a choir. Right now there are 20 men and 34 women.

An exciting upcoming event for Wedel and her choir is the state convention tour. Also coming up in April, Grammy Award winner Eugene Friesen, "The Cello Man," will be in Ark City. Friesen also teaches at Berklee in Boston. While he is here the Concert Choir will debut the music he has written for the Prairie Fest that will be held in June.



Grammy winner Eugene Friesen performs at Arts a la Carte.

"There is no way a community college can have this good of a choir," Friesen told Wedel.

"This is one of the very first choirs that I've been in that does not have to worry about other problems and gets through the music great," choir member Victoria Bailey said.



PERFORMANCE

JAZZ



For years the Cowley Jazz Band has continued to astound its audiences with its musical versatility. The Jazz Band is never hesitant to perform an array of music, from contemporary pop and rock to music written by Gary Gackstatter himself. The group also has experience with everything from funk to big band pieces and ballads.

Tenor and bari sax player Michael Dykes agrees that being a part of the Jazz Band requires a lot of time, work, and effort. According to him, Gackstatter expects them to reflect a positive, professional, and expressive image, in order to portray the band as a unified, contemporary, and artistic force. To keep this image alive, Jazz Band members must practice together twice a week for at least one hour and individually, three times per week.

Gackstatter admits, "This band is unique because it is huge, strong, and likes to play loud . . . REALLY loud."



Jazz band members concentrate on their music and listen for individual cues during practice.



**"Jazz practices
are intense, but
not tense,"
according to
Director Gary
Gackstatter.**

CC SINGERS



Music and dancing are the highlights for the CC Singers. Even though they only have three hours a week to practice, the 16 singers are disciplined and have strong work ethics. To become a CC Singer, students must audition within the first two weeks of school and must also be in the Concert Choir. Having auditions at the first of the year allows new freshmen to tryout. This year there are only four returning sophomore singers and the rest are freshmen. The CC Singers are looking forward to the upcoming state convention tour.

**Connie Wedel, director of
CC Singers, said, "The
students stay on task,
work hard and have fun
at the same time."**



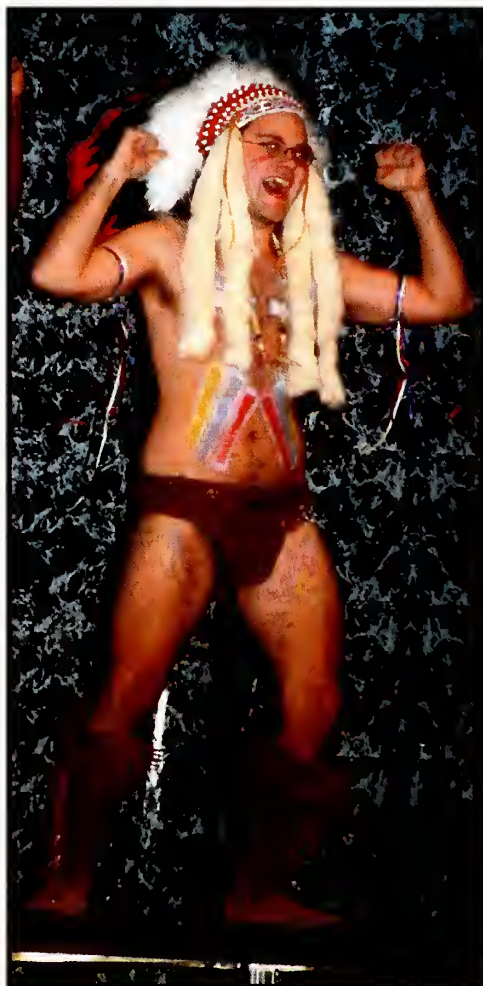
CC Singers perform at Arkalalah.



Story By Amanda M
Design By Jennifer

Arkalah

Sophomore
Tyson Bay
shocked the
crowd with his
outrageous
costume for the
CC Singers'
performance of
"YMCA" at
coronation.
(photo by Tricia
Morgan)



The year 2000 marked Arkalah's 69th year of bringing fun and activities to Arkansas City. Festivities included the annual carnival, concessions, pancake feed, and the crowning of a new queen. This year's queen was sophomore Shausha Lee, the first African-American queen in the history of Arkalah.

"I feel very privileged and excited. It's something I never expected. I feel I've really accomplished something by being the first African-American queen," said Lee, who is an education major and plans to attend Emporia State University after Cowley. "After Emporia I hope to come back here to this school district. We don't have many minority teachers here. I really love working with kids, and the kids need a role model."

The coronation ceremony also included a dance performance titled "The Orbit" by the

Tigerette Danceline and a lively performance by the CC Singers.

The theme was "Imagine Tomorrow." This resulted in many creative floats for the parade. Not only did the locals and adults have fun but first-time students did, too.

"I've heard of Arkalah before and I thought it was cool when I finally got to go," said freshman Kirk Brown. When asked what was his favorite part of Arkalah, Brown said, "the food."

Some of Arkalah's concessions included funnel cakes, hot dogs, caramel apples, apple sundaes, cotton candy, roasted corn and potatoes, smoked turkey legs, BBQ sandwiches, egg rolls, bratwurst, schnitzel sandwiches, onion blossoms, Jeffy Pups, and fried peaches.

"Arkalah is something I look forward to. I think it's a time for families and friends to come together," said freshman Chantal Sanders.



Queen Shausha Lee rides through in the parade wearing her new crown. "I didn't believe it when they said I won," she said. (Photo by Tricia Morgan)



As part of the KTBV Cycles parade entry, Leon Moore rode his four wheeler alongside about 12 other bikes.
(Photo by Jennifer Stone.)

Two of a Kind

- ☆ This year Arkalalah featured TWO concerts. The Chely Wright and Shane Minor concert kicked off the festivities. Clasing the following weekend were Michael Martin Murphey and the Winfield Regional Symphony, directed by Cawley's own Gary Gackstatter .
- ☆ The carnival was set up in the W.S. Scatt Auditorium parking lot, occupying a large number of Cawley parking spaces. Due to rain during the scheduled bracelet night, bracelets were used an TWO nights this year.
- ☆ The annual pancake feed was held at the close of the festival weekend. Volunteers Learning Through Service (VolTS) usually help serve, but this year they split the duties with members of the cheer squad, making TWO campus groups that participated.



Cowley yell leaders volunteered at the annual pancake feed. Mike Harrington and Creston Moore show off their cooking skills.
(Photo by Tricia Morgan)



Kristal Baldwin started serving breakfast at 5:30 a.m. during the pancake feed. Baldwin is a member of VolTS and attends Cowley on a community service scholarship. (Photo by Tricia Morgan)



Photographs by
Tricia Morgan

THE 29th ANNUAL

WALNUT VALLEY FESTIVAL

*Embark on a journey
of American subculture
where music becomes
the binding force*

John McCutcheon is a
perennial favorite at the
Walnut Valley Festival.



By Justin Kendall

The Walnut Valley Festival, an annual event in Winfield, brought over 15,000 people to the Cowley County Fairgrounds this year. What is it about the festival that can bring so many people together and create a sense of fellowship among them? If you ask any of the festival-goers what they come for, chances are you'll get one of three answers: the shows, the campground atmosphere, or the many national championships that take place on stage 4.

"You see families, all generations, old and young standing around playing guitars, mandolins, and stand-up basses. It's Americana," says Brad Skaitch of Sedalia, Mo. Whatever it is that people come to experience, it's a phenomenon.

There are five sanctioned stages, and over 40 bands and solo artists. There are workshops on guitars, banjos, dulcimers, autoharps, fiddles and a myriad of other instruments. There are also workshops on yoga and contra dance. If that's not enough for you, you can stroll through the vending area and buy anything from scented candles to custom-made instruments.

Stages 1-3 are reserved strictly for performing artists, while stage 4 is where the national and international instrumental championships are held. Stage 5, in the Pecan Grove, is an

open stage on which anyone can sign up to play. The charm of stage 5 is that often you can find big-name artists and crowd favorites such as Beppe Gambetta pickin' and playing nonchalantly with amateurs.

While walking through a jungle of tents and RVs, your senses are entertained not only by the scent of fresh barbeque, but also by the various melodies and harmonies being performed by the campers. The campground scene can be summed up at times as surreal – a gathering of people from all walks of life joined in a communal celebration. When you enter the campground, you leave all social barriers behind; everyone is instantly your friend. "The campsites at night are pure paradise," says Brent Hogue of Winfield. "The fellowship and music sing to the soul."

Many of the dedicated fans travel hundreds of miles to experience the festival every year. Beth Phillips, a Cowley College sophomore and Winfield resident, says, "No matter where I am in life, every September, this is where you'll find me...Bluegrass." With the festival's loyal fan base growing, there's no doubt that the festival will continue to entertain people from all walks of life for years to come.



Stage 5, above, in all its psychedelic glory, rarely fails to please a crowd. With a flavor all its own, it is perhaps the most free-form stage at the festival. Impromptu jam sessions like the one below are a Walnut Valley Festival staple.



Shausha Lee, a member of the college's Volunteers Learning Through Service, lends her services to the 4-H concession stand. Many other Cowley College VolTS members also saw this as an excellent opportunity for service hours.



Noah Anderson, a Cowley sophomore, inspects a candle in the vendor area.

The Kansas Chicks, Liz Crane and Heather Roberts, perform the Dixie Chicks' song "Goodbye Earl." They placed second in the student division.



The Athletic Department dance and sing to "Playground." The coaches won first place in the staff division for the seventh time in a row.

Puttin'



The munchkins were forced to sit on the floor due to the large crowd at Puttin' on the Hits, the 11th annual lip-sync contest held on Sept. 21. Everyone, including Toto, was there to watch fellow classmates and college staff members make Puttin' on the Hits a campus favorite once again.

There were 16 acts with both students and faculty competing for the grand prize. The students competed for cash while the faculty eyed the Barbie Doll trophies.

The Tigerette Danceline, who performed excerpts from "The Wizard of Oz," claimed first place, winning the grand prize of \$50. "We wanted something fun and entertaining," said Jennifer Hayden, who played Glenda the Good Witch.

The second place cash prize of \$40 went to Liz Crane and Heather Roberts, who performed the Dixie Chicks song "Goodbye Earl." With them to receive the award was Earl,

On the Hits

Annual Lip-Sync Contest

By Tiffany Kleinbeck
Photos by Tricia Morgan & Adrienne Ryel



wrapped up in a tarp. Act One received third place and a prize of \$20 with the performance of "Dancing Like a Superstar" and "Everybody Dance Now." Taking home the fourth place prize of \$10 with the dogs barking were the CC Singers, who performed "Dawg Pound."

Clicking their heels three times for home, the Athletic Department grabbed the gold, Barbie doll gold that is, for the seventh straight time. "Playground" was their choice for performance.

"Seven's their lucky number," said Scott Haywood, debate and forensics coach. "Next year, it's not going to be so simple." The silver Barbie doll went to newcomers Haywood (Cher) and Marlys Cervantes (Sonny) from the Humanities Division. They performed Sonny and Cher's "I Got You Babe."

The munchkins (left), actually the Danceline, perform excerpts from the "The Wizard of Oz."

Members of Act One (below), who performed "Dawg Pound," happily take their money for a third-place performance.



Newcomers Scott Haywood (Cher) and Marlys Cervantes (Sonny) perform Sonny and Cher's song "I Got You Babe." They finished second in the staff division.

From Carbs

to Stinky Bras

By Erica Scott and Trishel Riggs

ATHLETE

Do you avoid a black cat at all costs? Do you have to knock on wood to insure that nothing bad will happen? If so, then you are said to have a superstition. These are everyday superstitions that anyone may have. We have uncovered a new type of superstition, athletic superstition.

There are several athletes at Cowley who have their own unique superstitions to go along with their sport. They range from something as simple as a baseball player wiping off the plate before stepping up to bat to more complex rituals, such as a player putting on his right shoe first. If these players do not follow the same routine before every game, they think they will not perform as well or they will have bad luck during the game. Maybe these superstitions hold true for some, but for others maybe they are just a mind game. Just take a look at some of the superstitions we have come across.

■ Wears the same bra, undies, and scrunchie for every game.

Stephanie Shaneline
Basketball

■ Prays and kisses her cross necklace before every performance.

Sarah Graves
Danceline

■ Puts his right shoe on first before every game.

Ron Moncrief
Basketball

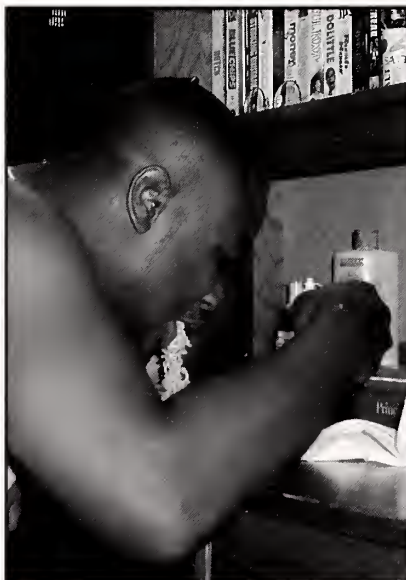
DEJA-VU EFFECT:

"I have to eat some kind of noodles before every game."

Carthon Diggs
Intramural Sports



Game #1



Game #2



Game #3



BAT ONLY AFTER THE DOORS:

"I have to use the same bat for every game, but before I can do that I have to take some time out and listen to the Doors."

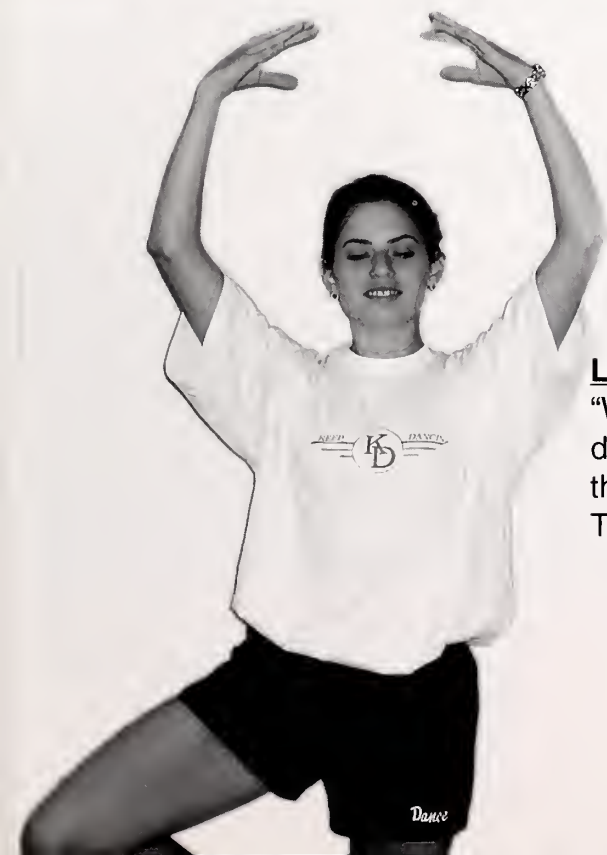
Chris Sieman
Baseball



STINKY BRA:

"I don't change my sports bra until I win a tennis match."

Kristina Love
Tennis

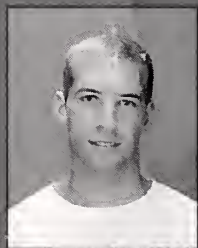


LUCKY T:

"When I screen out for every dance, I wear the same T-shirt that I tried out in and made the Tigerettes."

Jennifer Hayden
Dance line

**"We're not in the shape I would like us to be in. Hopefully things will get better by the spring."
--Rex Soule**



**"We didn't shoot as well as we could have."
--Shane Westhoff**

The Tigers' Woods

By Greg Yunker and Stacy Gragert



Brad Lunsford looks on in anticipation to see if his chip shot put him close enough to the hole for a short putt. Lunsford, a returning member, hopes for another national tournament berth in the spring.

Coming off a national tournament berth last spring, the golf team had high hopes for the 2000 fall season. Returning members Brad Lunsford from Medicine Lodge and Aaron Hill from Ponca City looked to help the team this fall after qualifying for nationals last spring. Other members on the team include Levi Flory from Valley Falls, Jason Pettigrew also from Ponca City, Chris King from Winfield, Jesse Martin from Wichita, Gaten Wood from Caldwell, and Jay Stultz, Shane Westhoff, Danny Lundberg and Brook Shurtz all from Ark City.

The fall schedule had a slow start at the opening tournament at the Ark City Country Club on Sept. 7. The tournament didn't turn out as well as anticipated, mainly because the qualifying team only shot a 640, which was only good enough to earn them sixth place. The next tournament was the Hutchinson Designated on Sept. 21-22. Brad Lunsford shot well enough to earn himself second place in singles competition. The

team as a whole managed to shoot a 658, which was good enough to place them a respectable fourth place. The Kansas City Designated hosted by Johnson County Community College was the next tournament in line. This proved to be Cowley's best showing of the year. Jay Stultz greatly helped his team by winning individual honors by one stroke over Dodge City's T.J. Meyer. With Stultz's help the team took fourth place by shooting a 658 on a very tough course, referred to as "Dub's Dread."

The Tiger golf team ended the fall season at Dodge City. Jason Pettigrew led the team by shooting a 149 over two rounds. Overall, the team took sixth place in the tournament. Cowley finished the fall season tied for fifth with Coffeyville. After wrapping up the fall season, Coach Rex Soule said, "I hope we can play better in the spring." The Tigers will start their spring season at the Barton County Designated on March 29-30.

Win One For The Coach

Deb Nittler has been a volleyball coach at Cowley for 17 years. She was an assistant for two years and head coach for 15 years. Nittler resigned earlier this fall. She said she resigned because "the position will turn into a full-time position next year."

Nittler is currently the chairperson for the Social Science Division. She would have had to take a big pay cut to remain the coach. Nittler ended her 15-year reign as head coach with a record of 392 wins and 342 losses.

With a new format adopted by the Jayhawk Conference, fans were in for a surprise this season. Instead of seeing teams play a best two-out-of-three match, they saw a best three-out-of-five match. This type of format focused more on the home team because there often was only one visiting team instead of two.

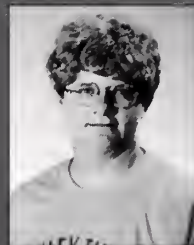
Returning players included Marsha Clasen, Jade Shriver and Breann Roach. Other members

included Megan Houk, Kassie Hargrove, Tiffany Snell, Misty Hoyt, Cammie McIver, Jennifer Stuber and Amanda Warkentine.

The team opened their season at Hutchinson on August 30-31. The Tigers won two of their matches and lost four. The home opener was the Cowley tournament on Sept. 15-16. The Tigers went 2-3, with the highlight of the evening coming when they beat NEO, which ended up taking first in the tournament. After wrapping up the Cowley tournament the Tigers traveled to Pratt where they received their best finish of the season by coming in third.

The Tigers finished their season in district play with a record of 22 wins and 23 losses. The team had three all-conference selections. Freshman Megan Houk received second team all-conference, and sophomores Jade Shriver and Breann Roach received honorable mention all-conference.

"This team never gave up and many times came up on the winning side." --Coach Deb Nittler



Volleyball



"I was really happy with the season. We improved as the season went by." --Megan Houk



Marsha Clasen, Cammie McIver, Amanda Warkentine and Jennifer Stuber stretch while Coach Deb Nittler decides what to do next.

THEY'RE

By Trishel Riggs and Amanda Martin

Move over danceline girls and share the spirit, because the Cowley College spirit squad is back and better than ever. "This year the basketball games are going to be twice the fun," says head coach Kristi Shaw. "We will have exciting cheers from the cheer squad during the game and then have some outstanding dance performances by the Tigerettes during halftime. Both squads will work together to present the Cowley College 'Fight Song' and to keep the crowd motivated."

For the past two seasons the basketball games have lacked support from the cheerleaders because they did not have a full-time coach. It takes a lot of time and dedication to coach the cheerleading program. Coordinator of Institutional Activities Kristi Shaw took on the responsibility. Shaw has plenty of experience as a cheerleader; she cheered at Tabor College in Hillsboro and was a two-year All-American finalist.

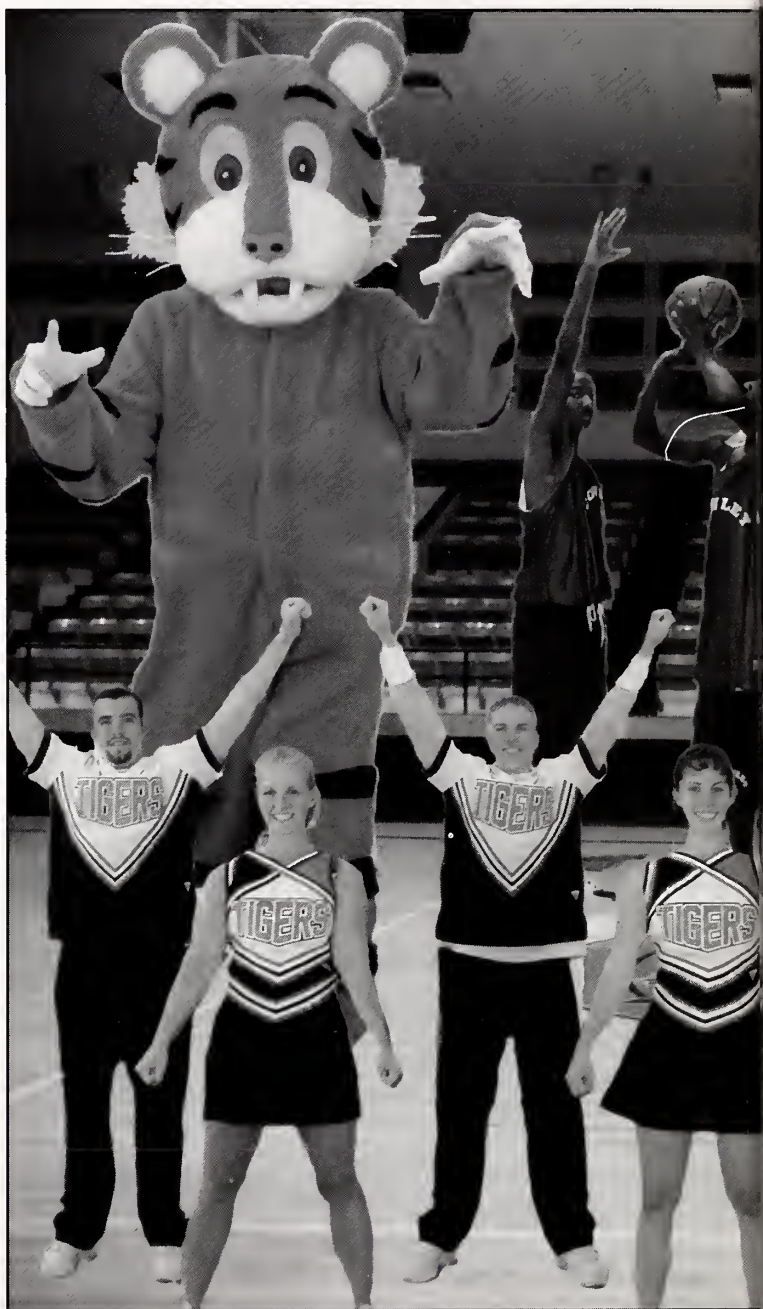
The Board of Trustees voted to bring the cheerleaders back after some basketball fans complained that the games were not as spirited without them.

Leading the spirit is not just for females, though. The nine male yell leaders, who weigh over one ton combined, are "the beefiest team on campus," says yell leader Danny Delgadillo.

According to Shaw, her team works hard. After their two-hour practices five days a week, squad members run a mile and a half together. They also go to the Wellness Center and work out four times a week to keep in shape. On Tuesdays and Thursdays, if they still can't get enough spirit, they go to the All-Star in Wichita to work on their cheers for an extra hour or two.

Shaw is also in charge of the Jungle Club. Members of this spirit group go to home and away games to cheer and support the Tigers. The Jungle Club will be having some fundraisers to help pay for the cheerleaders' trip to nationals, which is at Daytona Beach, Fla. One of these is selling temporary tattoos with contemporary designs.

As another activity, the Cowley College spirit squad will be hosting some mini pompom camps. Children between the ages 4 and 14 can participate by learning new cheers and more. They will also be joined by the Cowley County Tigerette Danceline.



Pictured above you'll find all the groups that instill school spirit into Cowley basketball games. Starting from the top left is the Cowley mascot, the "Tiger" Jonathan Pettus. Next are Mike Hayes and Richard Wilson, who are players on the men's basketball team. Below them are a few of the members from the cheer squad – Matt Reid, Sarah Manske, Josh Davis, and Theresa

BACK!



Weeks. At the top left of the court are a few members of the danceline – Danna Hoheisel, Jennifer Hayden, and Mandy Mertes. Below them are Trinetta Moore and Tariqah Miller, who are part of the women's basketball team. Last but not least there is Tory Alexander holding up Natalie Harding doing one of the stunts that will be seen on the court.

(Collage by Trishel Riggs)

On The

Tiger

This year we will be seeing thirty-nine men and women on the sidelines and trying to motivate the crowd. Those people include:

CHEER SQUAD

Coach: Kristi Shaw

First Year

Aimee Blubaugh
Cari Foster
Creston Moore
Dac Call
Danny Brown
Danny Delgadillo
Fawna Taylor
Jennifer Radcliff
Jonathan Pettus
Josh Davis
Kami Bogart
Laura Beers
Lexy Cower
Matt Reid
Megan Phares
Mike Harrington
Natalie Harding
Sarah Manske
Somer Patterson
Theresa Weeks
Tory Alexander
Wes Harbison

DANCELINE

Coach: Lyndsey Sanderholm

First Year

Andra Hunt
Fallon Bates
Jennifer Cox
Jennifer Kinyon
Jessica Watts
Lauren Martin
Lyndsey Schulte
Megan Olson
Sarah Graves
Tasha Torrez
Tiffany Miller
Trishel Riggs

Second Year

Danna Hoheisel
Ginger Gertz
Jennifer Hayden
Jessica Williams
Mandy Mertes

Sidelines

Sleep Deprivation

Photos and Layout by Amanda Hays

Story by Katie O'Bryan



Summer break soon gives away to fall, forcing students to trudge back into that age-old routine of school, work, homework, and for those with no homework, possibly sleep! By simply observing students on campus, it is apparent there are some people running on next to no sleep. But really, why do we need it?

Sleep is primarily caused by the discharge of certain neurons to specific areas of the brain. After the breathing pattern is regular, a cycle of nonrapid eye movement, which lasts 80 minutes, and rapid eye movement, which lasts 10 minutes, is repeated three to six times during sleep.

Strangely, in certain areas of the brain, activity is actually

Cowley student Nicole Brown claims, "I've used peppermint to help me stay awake when I need to because it contains natural substances compared to drugs, but does not prolong the effects or cause you to become addicted."

increased when a person lacks sleep. During an experiment conducted by a team of researchers at the University of California San Diego School of Medicine, scientists discovered that some areas of the brain displayed more activity, leading them to believe that an area of the brain called the parietal

lobes might function especially to compensate for the lack of sleep. However, research is still needed for a more complete answer.

Some signs of sleep deprivation include increased sleepiness and fatigue (duh!), poor attention span, lack of motivation, memory lapses, decreased judgment ability and decision

making, and increased irritability. According to Vicki Givens, Director of Health Services, immunity depletion is yet another factor of sleep deprivation. This makes a student more susceptible to get sick frequently. But where deadlines are concerned, it's possible that students spare a few hours here and there.

"Time management is important when students have busy schedules," Counselor Roy Reynolds said. By simply organizing your daily schedule, getting your priorities straight, and maintaining a routine sleeping pattern, students will find their sleeping troubles are minimal. However, not everyone can prioritize sleep into his or her routine that easily.

Cowley student Nicole Brown claims, "I've used peppermint to help me stay awake when I need to because it contains natural substances compared to drugs, but does not prolong the effects or cause you to become addicted."

Some sleep preventing drugs are NoDoz, Sudafed, and Vivarin. Also, some people use over-the-counter drugs to induce sleeping. But Reynolds warns that sleeping pills are only a temporary fix for the problem and a student can become dependent or even addicted to some drugs. Some non-drug, sleep promoting methods include: 1. drinking herbal teas; 2. setting a bedtime routine; 3. refraining from decongestants such as cold medicine; 4. stopping all intake of caffeine, alcohol, and nicotine three to

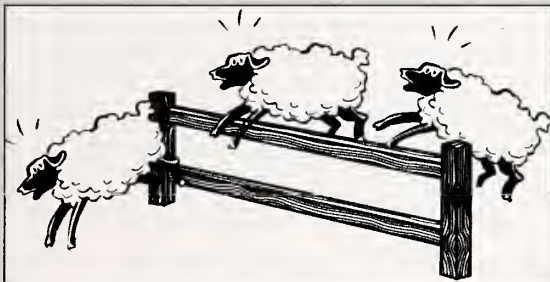
four hours before bedtime; 5. not eating big meals before you sleep; 6. not having protein in the form of meat, because the body stays awake to break down and digest protein. But if you have repeated hunger during the night, a light snack of non-meaty protein will sustain hunger longer and you will have uninterrupted sleep; 7. Do not run or exercise directly before you sleep, because the body

needs time to wind-down. But if you find yourself awake in bed 20 minutes after you first lay down, then get up, turn on the light, and crack open a textbook! Also, listening to slow music, or watching CNN may help.

Cowley students Valerie Fitzgerald and Lindsey Welty agree that sleep deprivation can catch up to people in as little as

two days. According to Lindsey, "the best way to sleep is with tons of covers, in a very cold room." Many students who were questioned agree that cool, dark, and quiet environments are preferable to an atmosphere with lights and noise.

On average, students need 8-10 hours of sleep a night. However, if you find you are tired during the daytime, even though you are not deprived of sleep, you may have Excessive Daytime Sleepiness (EDS), which is a condition when an individual feels an overwhelming urge to fall asleep or is consistently drowsy throughout the day. Those with EDS often have feelings of low self-esteem, frustration, and sometimes anger at being misunderstood as unintelligent, lazy, or uninterested in learning. If you believe you have EDS, you should consult with your doctor to be evaluated or to discover proper treatment.



Busy Counting Sheep?

You're not alone.

Many Americans cannot sleep.

According to the 2000 Omnibus Sleep in America Poll (OSAP) taken by the National Sleep Foundation,

- 22 percent of U.S. adults do not sleep due to stress.
- 20 percent of U.S. adults do not sleep due to pain.
- 17 percent of U.S. adults do not sleep due to children.
- 16 percent of U.S. adults do not sleep due to environmental factors (noise, light, temperature).
- 16 percent of U.S. adults do not sleep due to their partner's snoring.
- 14 percent of U.S. adults do not sleep due to bedding conditions.



Above:
Victoria Bailey tires to take a nap during the middle of the day.

Pictured opposing page:
Nicole Brown tries to stay awake to study.

DOWNLOADING GOFRENZY

Story by Alanna Keene

Layout by Tiffany Kleinbeck, and Aaron Sutton

Half of the crowd cheered while the other half sat in silence. The camera was on a disgusted Lars Ulrich. Ulrich, drummer for the group Metallica, held his hands over his face while he shook his head in animosity.

Mocking Metallica's lawsuit to ban the downloading of free music over the internet, Shawn Fanning, founder of Napster, walked on stage at the 2000 MTV Video Music Awards. Fanning was sporting a Metallica shirt, saying his friend shared it with him, and he was thinking of buying one himself. He was aiming to get a rise out of Ulrich. He did just that.

Later in the show, co-host Marlon Wayans was in a skit with Metallica's drummer Ulrich. Wayans played a college student downloading music from Napster in his dorm room, while Ulrich came in as himself and put Napster stickers on everything. He then took everything out of the room, with the closing statement:

"Sharing is cool when it's not your stuff."

Music is a source of not only entertainment, but also therapy for some people. However, since the development of Napster and other downloadable music sites, music has not been the source of therapy for many musicians.

In less than a year, Napster has gone from being a secret plaything for Internet junkies to becoming a weapon pointed at the heart of the way people acquire music. Its potential has demanded much attention.

Now nearly everyone has an opinion.

"I think Napster's great. I like to get music from there, although I know getting it for free is wrong. But as long as I don't have to pay, I'm happy," freshman Kim Elsham said.

Music has been one of the largest controversial subjects this year. It all started when Napster, an Internet-based company, began allowing users to download music for free over the internet. This was the perfect solution to some people's addiction. They could now download as



Heather Jones sits in the Jungle listening to her tunes on an MP3 Player and checking out the Napster web site.

much music from whomever they wanted and make their own CDs, hence not having to pay the high price to purchase a compact disc in a store.

"I download about 200 songs per month," sophomore Jon Pettus said.

Most college students don't like to pay the price of an entire CD just to listen to the one song of the artist that they like, especially now that prices of CDs are going up so quickly. For most college students, money is a big concern. The cost of a CD equals the cost of three meals to a college student.

Thousands of students on campuses nationwide legally take just what they want for their own use, via online services such as Napster. College students are among the most fervent of music fans and by far the most active users of the music-swapping service.

This year Roadrunner was made available to Cowley

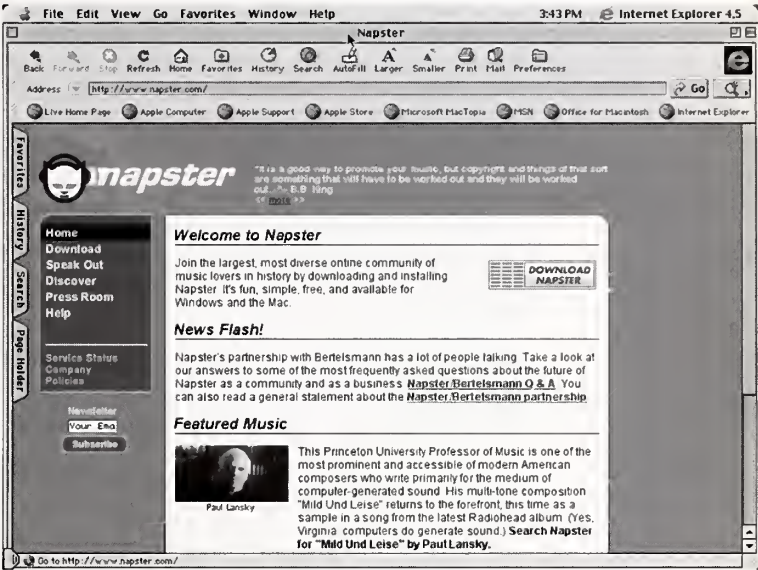
dorm residents. This is a super high-speed connection from their rooms, which makes downloading multimedia material faster and simpler than in most other places. They have unlimited access to the technology necessary for volume file sharing.

"If they want to steal Metallica's music, instead of hiding behind their computers in their bedrooms and dorm rooms, then just go down to Tower Records and grab them off the shelves," said a frustrated Ulrich, according to Sonicnet.com.

Top 5 Mp3 Players

according to CMJ.com

1. Musicmatch
2. Sonique
3. WinAMP
4. Wplay
5. K-Jofol



Once a secret toy of Internet surfers, now the target of national controversy.

ARTISTS SOUND OFF

"We believe that the Internet and Napster should not be ignored by the music industry as tools to promote awareness for bands and market music."
— Fred Durst (Limp Bizkit)

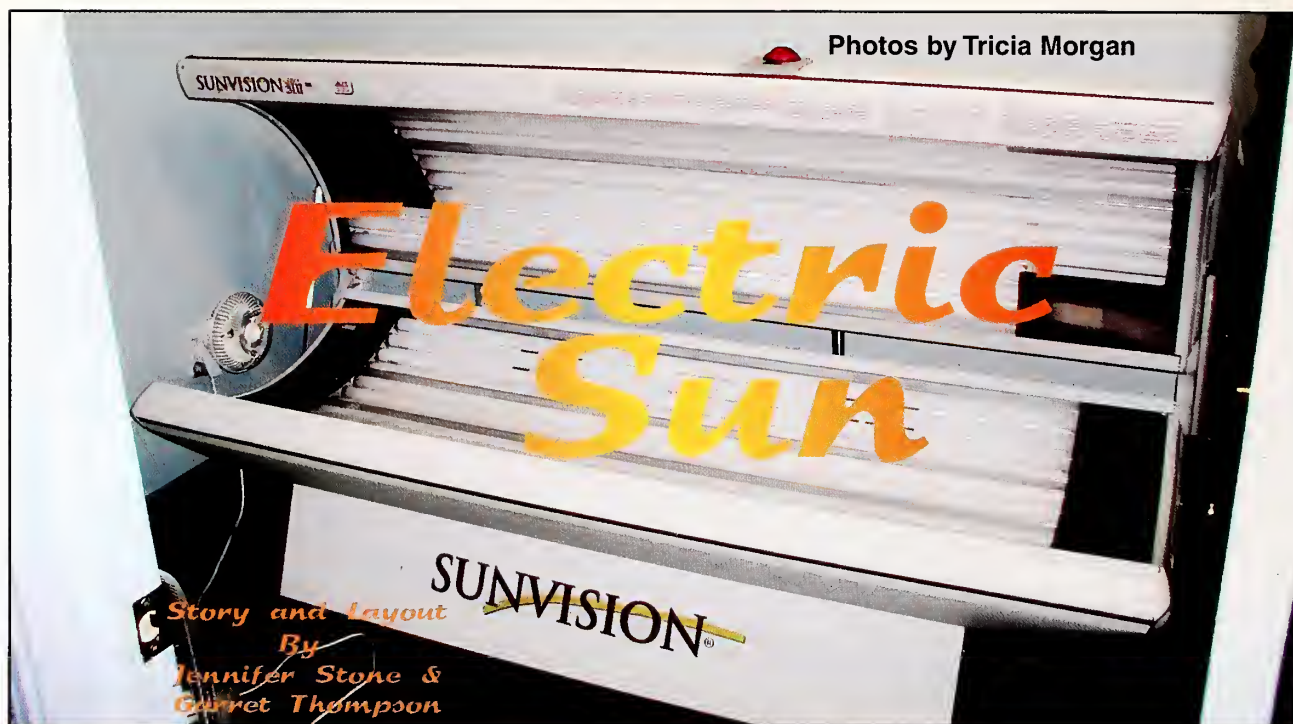
"The cool thing about Napster is that it...encourages enthusiasm for music in a way that the music industry has long forgotten to do."
— Thom Yorke (Radiohead)

"There are a lot of bigger problems in the world than whether Napster succeeds or fails...I don't think there is a malice coming out of Napster. We allowed people to tape our concerts from the beginning, and the record company questioned us about allowing that. But my thinking was that it only makes people want to buy more and increases the devotion of people who are going to listen to us."
— Dave Matthews (Dave Matthews Band)

"Stealing our copyright provisions in the dead of night when no-one is looking is piracy. It's not piracy when kids swap music over the Internet using Napster. There were one billion downloads last year but music sales are way up, so how is Napster hurting the music industry? It's not. The only people who are scared of Napster are the people who have filler on their albums and are scared that if people hear more than one single they're not going to buy the album."
— Courtney Love, (Hole)

"If I was a kid, I'd be on Napster all the time. Yeah, I feel like I'm being stolen from, and I'd like to knock that punk around that invented it, but it was bound to happen. ... I think Metallica's got the right idea – sue'em. It's your copyright, it is copyright infringement, and even though Napster is only the pipeline, that's like saying, 'Well, here's the gun, go find your own bullets,' you know what I mean?"
— Goo Goo Dolls singer/guitarist Johnny Rzeznik

"We're not afraid of the Internet. We think it's a very cool way to reach our fans. If a band sells 12 million albums, what are we supposed to say? Oh, maybe we could have sold 13 million if we had just been Internet Nazis. Frankly, at a certain point, you have to say, 'Hey, let the people have the music.'"
— Dexter Holland (Offspring)



Many college students love the way the sun makes them look and the way it makes them feel. But with all the negative energy surrounding ultraviolet light exposure, the positive effects of the sun are often forgotten. "Every time I tan I worry that I'm baking cancer into my skin," said sophomore Bonnie Haslouer.

Ultraviolet light gives skin a healthy tan appearance. Haslouer tries to be darker than everyone she sees. "It's a competition. Everyone wants to be darker than everyone else," she said. Other students tan to even out their skin tones and cover flaws. "I use tanning beds to get rid of the tan lines I get from tennis," said freshman Jennifer Hocker.

But according to those in the tanning industry, the benefits of UV light are more than just cosmetic. This light increases the body's production of serotonin, a chemical that energizes and rejuvenates the body. An increase in energy reduces stress and anxiety.

But you can have too much of a good thing. Just about everyone has had a sunburn. The tingling sensation of the icy hot burn making its way through your skin guarantees a miserable few days. Both Hocker and Haslouer burned the first time they tanned, but with a little planning

most sunburns can be avoided.

According to Judy Chuculate, owner and operator of Sun Seekers, tanning beds release the same UV light as the sun so you get all the positive effects of the sun and some added benefits. With a tanning bed you are able to control the amount of exposure you receive. If you know your limits this should eliminate burning. "The main thing is to take it slow because if you burn you have to stop for a while," said Chuculate.

According to Chuculate, another way to protect yourself is by building a base tan and maintaining it year round. Indoor tanning is a good substitute during the winter months when natural light is unavailable.

A tanning session can be a 10-20 minute escape from the disappointments of life. Hocker says she catches a short catnap during her time in the tanning salon. This is not the case for Haslouer. "I lay there and think about all the crap I have to do and get stressed."

Tanning has grown in popularity over the past 25 years. Chuculate says most of her clients are women but she sees more men tanning all the time. Even with all the negative publicity attached to UV light, it is unlikely that the tanning trend will fade.

Shutting out the world, Jennifer Hocker prepares for her tanning session in the hex.



The Do's and Don'ts of Tanning Beds

Do...

- ◆ always wear eye protection
- ◆ check with a doctor first if your are using any medications
- ◆ use only UVA oils and lotions
- ◆ flip over halfway through session

Don't...

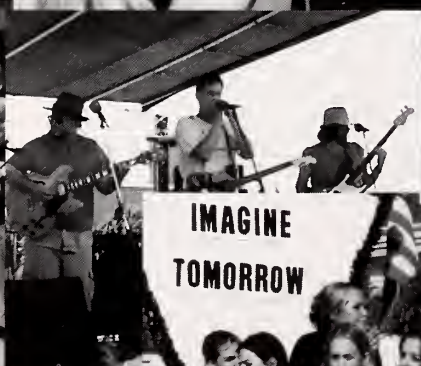
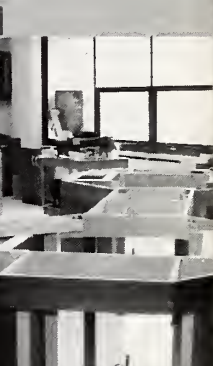
- ◆ wear jewelry or makeup when tanning
- ◆ tan more than once a day
- ◆ continue to tan while skin is red or if you develop a rash
- ◆ tan nude during your first session



Sophomore Bonnie Haslouer piles on tanning lotion to make the most of her time in the tanning bed.



Getting ready for her next client, Judy Chuculate sanitizes the bed. This is done after each session to prevent spreading germs.



The *PULSE* --- STAFF

This semester The *Pulse* Staff had a crew of 15 students. Ten of them were new to the creative world of Cowley Magazine. They all came to the newly remodeled dungeon in Galle-Johnson Hall as inexperienced newbies. They all had to survive the rites of passage that the editing team put them through, including childish antics, temper tantrums, shameless flirting, sarcasm, complete indifference, and nasty rumors concerning their personal hygiene. The newbies learned how to deal with the extreme personalities and mood swings of their editors and have come out as valuable assets to *The Pulse*.



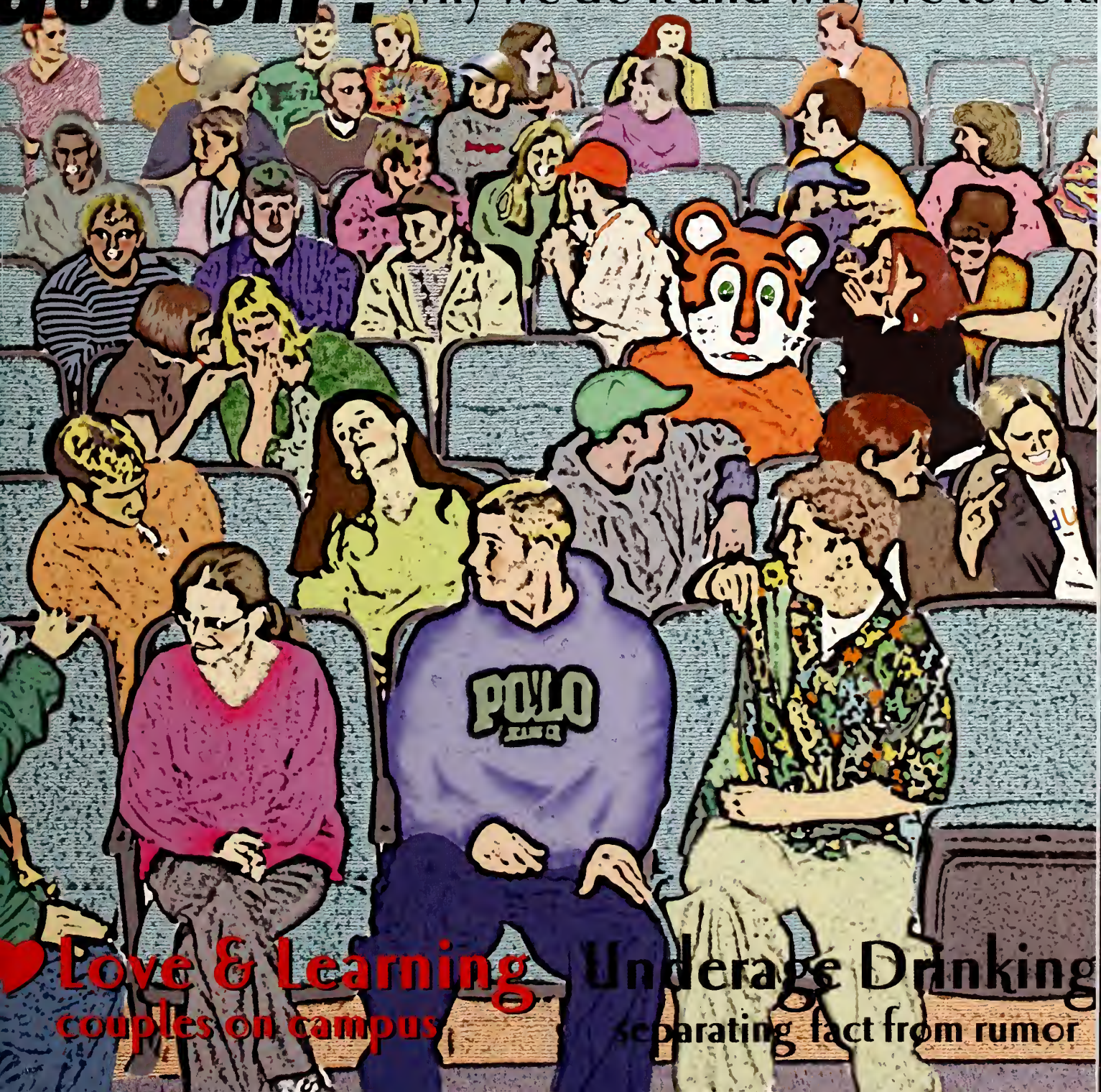
NEW TO THE STAFF Top Row: Justin Kendall, Katie O'Bryan, Amanda Martin, Greg Yunker, Stacy Gragert, and Amanda Hays. Bottom Row: Jennifer Stone, Trishel Riggs, Tiffany Kleinbeck, and Erica Scott.

The Student Magazine of Cowley College

The PULSE

SPRING 2001

GOSSIP: why we do it and why we love it!



♥ Love & Learning
couples on campus

Underage Drinking
separating fact from rumor

The

PULSE

EDITORS



The *Pulse* editing staff hard at work as adviser Dave Bostwick looks on proudly.

*Sitting: Allie Hilleary, Editor-in-Chief; Shelby Knowles, Assistant Editor; Tricia Morgan, Photo Editor.
Standing: Aaron Sutton, Design Editor; Garret Thompson, Design Editor; Dave Bostwick, Adviser.*

Dear Readers,

This semester was not only my last at Cowley, but my last to work on the *Pulse*. As a journalist on campus I was given a chance to get to know almost every facet of the campus and its people. A wide range of people from all over help make this school not only a great learning facility but an interesting place to write about. I hope that everyone who reads this finds something that at the least interests them and at best makes them smile. Our goals are to inform and entertain students and faculty. The magazine is a student publication, written for students by students.

We, at the *Pulse*, have tried to include a wide range of topics in the spring edition. Second semester is always hard for an editor because it seems that as soon as you and your staff have united to make a kick butt team, time is up and the year is over. One of the things that help make this magazine so enjoyable is the friendship and respect that the editors and staff have for each other. I would like to thank my staff members for being hard workers and great friends. No editor could have asked for more. Thanks guys.

Editor-in-Chief,
Allie Hilleary

Garret Thompson

Shelby Knowles

Allie Hilleary

Aaron Michael Sutton

Dave Bostwick

Tricia Morgan

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By Tricia Morgan



Kristin Rice 20, Cody White 19
Together: 5 years

Pulse: *Why did you choose Cowley?*

Kristin: Affordable and it was close to home.

Cody: My girlfriend came here. It was close to home and affordable.

Pulse: *Were you together before you came to Cowley?*

Kristin: Yes, we were together all four years in high school. We were going to break up when I came here but decided not to.

Cody: Yes

Pulse: *Are you planning to transfer after Cowley? If so, are you going together?*

Kristin: Yes. I'm not sure where I'm going yet. If I go to OU then we are going together; if I don't then he's staying here.

Cody: Yes. Don't know yet. Maybe OU.

Pulse: *What was your lowest relationship moment?*

Kristin: He was still in high school last year, so it was really hard on us, and the break-ups were definitely a low point.

Cody: Being broken up and last year.

Pulse: *What was your best relationship moment?*

Kristin: When we got back together after breaking up. We realized how much we loved each other.

Cody: Just being with her and being able to call her my girlfriend because she is such a special person.

Have you ever seen a couple holding hands on campus or sneaking a kiss before class? Do you ever wonder about their story? We gathered three Cowley couples



Brian Steele 18, Amanda Warkentine 18
Together: 1 year, 11 months

Pulse: *Why did you choose Cowley?*

Amanda: Brian was coming here for baseball and he wanted me to try out for the volleyball team, and I was accepted. We wanted to be together even if it wasn't at Cowley.

Brian: I got a scholarship and she decided to come because I was signing for baseball, and we ended up signing together (baseball and volleyball).

Pulse: *What was your best relationship moment?*

Amanda: For our three-month anniversary, he sent me three red roses. I cried! It made me feel really special.

Love &

and asked them. Here are the stories of why they chose Cowley, a few personal details about their relationships, and what the future may hold for them.



Jake Giger 20, Amanda Giger 19

Jacob Giger 9 months

Dated: 3 years Married: 1 year

Pulse: *Why did you choose Cowley?*

Amanda: It was close to home and affordable.

Jake: Everybody in my family went to Cowley. It's kind of a family tradition.

Pulse: *Were you together before Cowley?*

Amanda: Yes, we went to high school together.

Jake: Yes.

Pulse: *Are you planning to transfer after Cowley? If so, are you going together?*

Amanda: I am going to get a job after graduation. I want to be able to stay home more and take care of Jacob.

Jake: I'm going to Southwestern.

Pulse: *Do you have any classes together?*

Both: Not this semester!

Pulse: *Do you feel Cowley was a good choice?*

Both: Cowley works really well. It is easy to manage with our schedule.

Brian: Our first Christmas was the best night because we were there together and it was our first holiday as a couple.

Pulse: *What was your lowest relationship moment?*

Amanda: Our five minute break-up – he said that it wasn't working out. It was silly but serious.

Brian: Valentine's Day 2000. We fought all day about nothing serious. Then I surprised her with a necklace.

Pulse: *In your opinion is it harder dating in high school or college?*

Amanda: High school, because you didn't have a lot of freedom and there were more rumors to deal with.

Brian: High school, because of the rumors and other things we had to deal with.

Learning

By Shelby Knowles
and Tiffany Kleinbeck

Wild Wild West

Story by Shelby Knowles
Layout by Aaron Sutton

Cowley folks rounded up for a western-style Homecoming week Feb. 12-17. With the return of the Cowley cheer squad this year along with ideas from the Student Government Association (SGA), there were many new activities planned to fire up students and faculty.

Spirit week was one of them. For each day of the week there was a designated dress code for those who wanted to participate. Sophomore cheer squad member Laura Beers said, "I think that spirit week was a clever idea in attempt to get students and faculty involved in the events of Homecoming. Unfortunately, not many people participated in the week's activities, but I definitely won't forget the two male students who had the audacity to wear women's clothing to a basketball game in the spirit of cross dress day!"

Beers hopes the upside to spirit week will be the traditions it started. "Now every year, you can probably expect to see a cross-dresser teaching your comp class, and to share hot cocoa and burnt marshmallows with your friends at a raging bonfire," she said.

Another new activity to light spirits ablaze was Friday night's bonfire. Freshman Angela Baldwin said, "Even though it was kind of cold at the bonfire, I thought it was still a good idea. It was somewhere to socialize and be with friends, at least until everyone got cold and left."

On Saturday night, W.S. Scott auditorium was transformed into an all-out country hoe-down, as spectators stampeded in to

watch the Tiger basketball teams play. The cheer squad and Tigerette Danceline contributed to this year's theme, Wild Wild West, by dressing in costume and doing some country line dancin' during timeouts.

During the coronation ceremony at halftime of the men's game, freshman Isaac Hoskins took the honor of king, and sophomore Sarah Stueve was crowned queen.

"I was very honored and excited to be crowned Homecoming queen," Stueve said.

"It's good to know that people like you," added Hoskins. Both agree that the best part of being crowned king and queen was that they won together.

"What made the whole experience even better was the fact that Isaac, one of my best friends at Cowley, was king," Stueve said. Hoskins added, "The best part was being crowned with a close friend like Sarah."

The atmosphere on campus might have featured the Wild West, but Peers Advocating Wellness for Students (P.A.W.S.) hosted a Homecoming event to remind students to calm down. Feb. 12-17 was not only Homecoming week, but also Sexual Responsibility week. P.A.W.S. hosted Love Bingo. "Love Packages" were handed out to the winners and, in between games, sexual responsibility tips were read.

With all of the new activities, Homecoming week took on a new flavor and made some students and staff "Wild" for Homecoming once again.



A bonfire was set ablaze in the sand pit by the recreation building. The students above warm up by the fire and sip hot chocolate. The bonfire was one of the new activities during this year's Homecoming week.

A Full House Of Activities

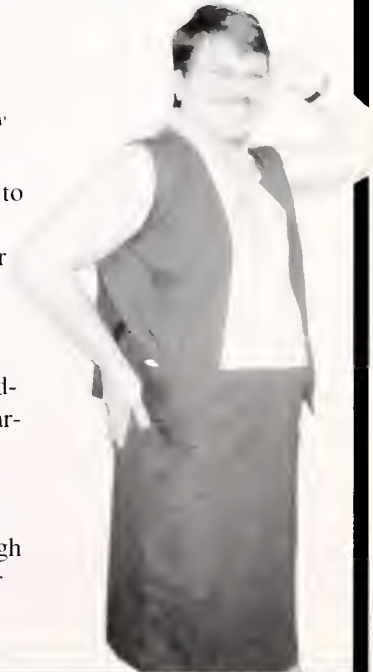


Tips for Effective Cross-Dressing

By Scott Haywood

During Spirit week, Humanities Instructor Scott Haywood participated in cross-dressing day. Below are personal tips from the "MAN" himself on how to dress like a woman.

- 1) Always wear seasonal clothing. Otherwise, you will stand out like a sore thumb.
- 2) Remember that the comments of the others should not bother you. YOU are the one comfortable with your sexuality, not them.
- 3) Try to have students assist you when selecting your apparel. They can give great feedback, especially if the clothing makes your butt look too big.
- 4) Select colors which are flattering to skin tone, facial features (including mustache and goatee), as well as your hair. If you cannot find this type of clothing, then select whatever fits.
- 5) When purchasing items from used-clothing stores, always wash the apparel before wearing.
- 6) Finally, keep in mind when cross dressing at Cowley: if it's good enough for Dr. McAtee, it's good enough for YOU!





On The Cutting Edge

The styles of the Cosmetology Department

By Amanda Hays

Let's face it, going to a salon these days can be pretty expensive, especially for broke college students. For those who are clipped for cash, yet feeling a bit shaggy, right here on campus is the Cosmetology Department. The department specializes in services including haircuts, coloring, highlighting, and styling, along with manicures and pedicures.

In addition, the department offers a 15 percent discount on all retail products and a 20 percent discount on services along with other monthly specials for students. Students find out about the specials mostly by word of mouth, but other sources are the college's student newspaper and the mailing list. Many of the clients have appointments but walk-ins are welcome until 5 p.m.

Michelle Riley recently had her nails done. "My nails look

so good I should try to become a hand model," she joked. Her nails were prepared, filed, and buffed, the tips were colored, and acrylic was added. She says she had a good experience and will refer this service to friends.

Nathan Wohlever also had a good experience at the Cosmetology Department after he was brave enough to venture there for the first time. He heard about their students' work by word of mouth and plans to go back. He said, "I would recommend the department to others. They do great work."

Almost all of the students who complete the program end up having a job if they want. Cosmetology student Alyssa Cramer said, "I want to go to Hollywood to do hair for the stars. CCCC is just the first step for me getting there."

Before



Freshman Nathan Wohlever volunteered to have his hair cut, textured, and colored for this article. (opposing page: Alyssia Cramer cuts Nathan's hair.)

After



Cindy Ely practices her technique on a mannequin.

Nicol Lee puts the finishing touches on client Emily Richardson's nails

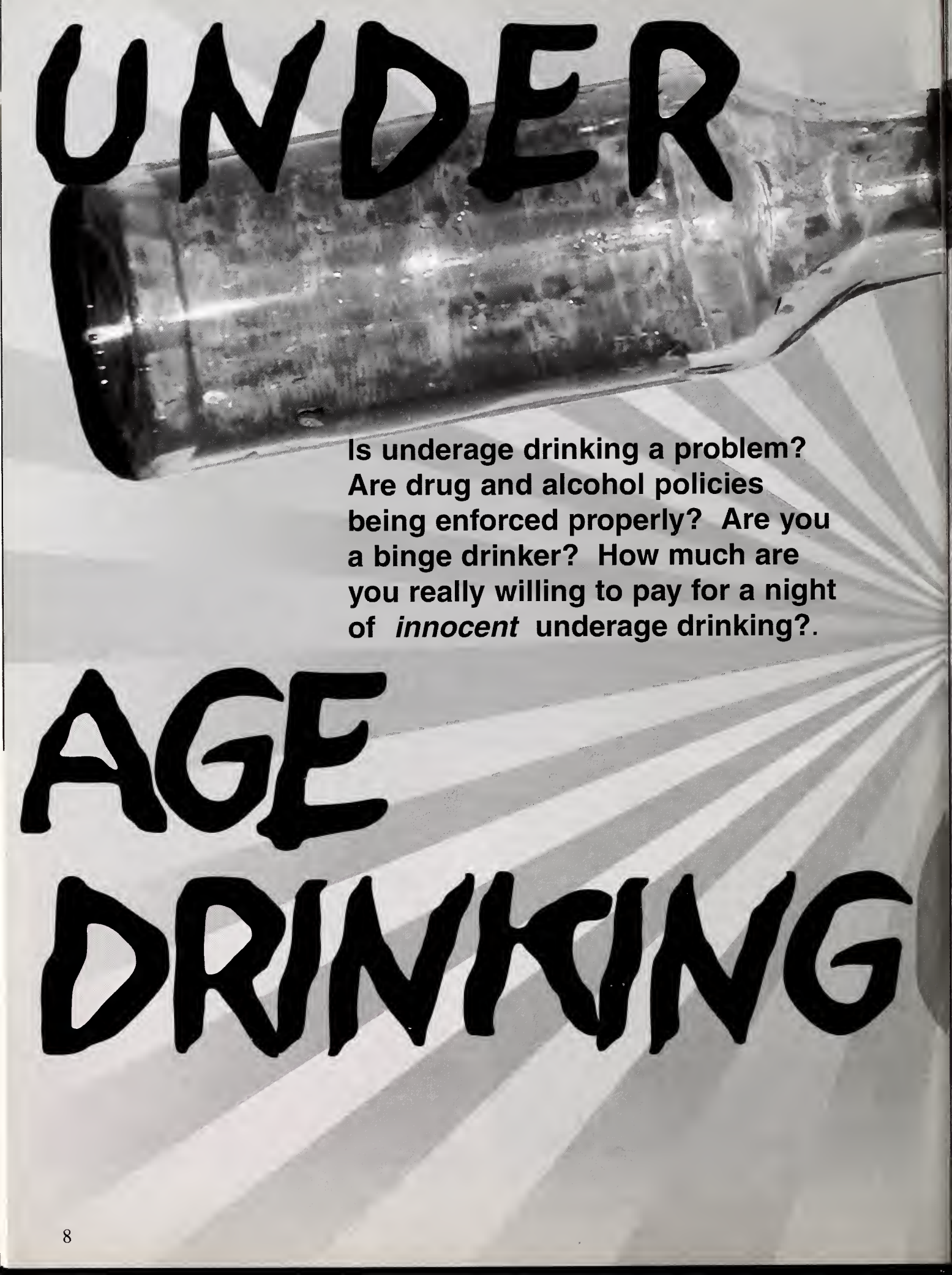


Last year the Cosmetology Department had 458 new clients and 1,406 repeat clients, 88 percent of whom were women. One of the more popular services clients receive is manicures.



Kimberly Swopes cuts a client's hair.

UNDER



Is underage drinking a problem?
Are drug and alcohol policies
being enforced properly? Are you
a binge drinker? How much are
you really willing to pay for a night
of *innocent* underage drinking?.

AGE DRINKING

by Trishel Riggs



UNDER AGE DRINKING

Is underage drinking a problem at Cowley College? Are you a binge drinker? How much are you really willing to pay for a night of *innocent* underage drinking? Some information is presented here so you will have more knowledge to make your own choice on what to do the next time you are in an environment that includes drugs or alcohol. The information comes from the help of a survey from Cowley Library Assistant Kathy Witte, several internet sources, and Leann Martin, a drug and alcohol counselor from Scott and Finney counties.

Are you a BINGE DRINKER?

Before you answer this question let's define binge drinking. For women it is having four or more drinks at a sitting and for men it is five or more drinks. The following constitute a drink:

- 12-ounce bottle or can of regular beer
- 5-ounce glass of dinner wine
- 1 shot of liquor or sprits in either a drink or straight

According to a survey taken Feb. 5, 2001, only 32 percent of Cowley students said they were binge drinkers. This percentage is lower than the 49 percent of students who said they were binge drinkers in a 1998 survey. Cowley is also considerably lower than the 49 percent national average.

Did you know?

Alcohol can actually cause weight loss if used in moderation. Moderation is often described in the United States as two drinks a day for a man and one drink a day for a woman. However, these drinks can't be saved over time and then drunk all in one day.

90% of all reported campus rapes occur when alcohol is being used by either the assailant or the victim.

95% of violent crimes on campuses are alcohol related.



60% of college women with sexually transmitted diseases, including AIDS and genital herpes, were under the influence of alcohol at the time they had intercourse.

Driving Under the Influence

When it comes to drinking and driving, young adults make the wrong decision more often than older adults. Young adults ages 16-24 are involved in a whopping 28 percent of all alcohol-related driving accidents. That may not sound like a high percentage, but when you realize that they only make up 14 percent of the total population, it makes quite a difference. The following are a few reasons why this is true:

- inexperienced drivers
- inexperienced consumers of alcohol
- more likely to use illegal drugs
- have a false sense of invincibility and immortality

The question asked on a local survey was, "While at Cowley, have you noticed or participated in drug or alcohol use then operated a motor vehicle?" Thirty-three percent of the students said yes, 54 percent said no, and 13 percent said they didn't know.

Our Sources

■ Local research by Cowley Library Assistant Kathy Witte as part of work toward her bachelor's degree at Southwestern College

■ <http://www2.potsdam.edu/alcohol-info/>

■ <http://www.edc.org/hec/pubs/binge.htm>

■ <http://www.studentadvantage.com>

■ Drug and Alcohol Counselor Leann Martin

■ www.glness.com/ndhs/stats.html

The COST of it all

Now that the facts of underage drinking have been laid out it is time to explain the legalities of it. First, if an under-age person gets caught drinking alcohol or with alcohol in possession, an MIC (minor in consumption) or an MIP (minor in possession) can be issued.

These tickets don't come cheaply. A first offense can cost up to \$100, a second offense \$150, and a third offense up to \$200. This is only the ticket cost. There are also court costs. In some cases, a diversion is offered. A diversion is a way to get the ticket wiped off the offender's permanent record. The catch is that offenders cannot always get a diversion every time they are busted. There is only one "get out of jail free" card.

Drinking and driving can cost even more. It may land an offender in jail for the night. Then there is the ticket. After the ticket is paid, the problem has just begun. First comes the ADSAP (Alcohol Drug and Safety Action Program) program. This consists of an evaluation that costs about \$125. The state has even tried to raise the price of this program.

Next comes treatment. Depending on how the evaluation goes, offenders may have to go to just one or two drug and alcohol classes or they may have to go to a treatment center for in-patient treatment. This can run anywhere from \$120 to \$6,000 or more.

Every year, college students spend \$5.5 billion dollars on alcohol, averaging \$466 per student per year.



By Garret Thompson
& Justin Kendall

If you've always wanted to get to know some of your foreign peers on the Cowley College campus, here is your chance. Take part in a cultural exchange at Cowley College. While Cowley College doesn't have an exchange program per se, many students with international origins matriculate here after researching prospective colleges. There is little that's more rewarding or interesting than making friends with someone from a different country. Not only will you gain a better global viewpoint, but you will also have made a new friend with whom you can share experiences, both old and new. Next time you see one of these faces on campus, don't hesitate to say "Hi."

Ramon Sendar:

Origin - Holland

Major - Undecided

Bio - Ramon came to the U.S. in the summer of 1999 and finished his senior year of high school in Colorado. He heard about Cowley College through a friend, who was an athletic trainer at Wichita State University. After hearing about Cowley's basketball program, he made the decision to attend. Ramon's plans after college are to earn money playing basketball. He is not sure if he will stay in America, he says, "It depends on where I can play basketball."



Tom Murray:

Origin - England

Major - International Business/Spanish

Bio - Tom, who is originally from England but has also lived in Spain, came to Cowley College in January of 1999. He heard about Cowley College from his sports agent, and after visiting many colleges decided that Cowley College was best suited to fulfill his needs. He is hoping to turn pro in tennis again as he did when he was 16. He is keeping his career options open, but will more than likely return to Europe after college.



Sarah Abang:

Origin - Nigeria, Africa

Major - Pre-med.

Bio - Sarah came to America in September of 1999 to live with her mother, who resides in Wellington. She wanted to continue her education so she found Cowley College in the phone book. She wants to enter the field of medical research. She plans to live in the United States and do research in Africa.



Cultural



Donata Majauskaite:

Origin - Lithuania

Major - Law

Bio - Donata came to America in August. She wanted to go to Chattanooga, Tenn., but the coach she wanted to work with resigned. Then Coach Andre Spence made her an offer. She didn't know much about Cowley; in fact, she came here knowing nothing about the school or campus. When her time here is up, Donata wants to transfer to a big university. As of now, Donata isn't sure how long term her stay in the states will be after college.



Todor Stoilov:

Origin - Plovdiv, Bulgaria

Major - Computer Graphics

Bio - Todor made his way to the U.S. in August of 1999. He hopes to work in the computer/video game industry, or possibly create special effects in movies. He applied to many different colleges; however, with Cowley College the process was easier. Whether or not he stays in the U.S. depends on the job possibilities available here. He also enjoys playing soccer. Todor's motto is, "It's more how you do something than what you do."



Agnes Frankovits:

Origin - Hungary

Major - Hotel and Restaurant Management

Bio - Agnes came to the U.S. in August of 2000. She played basketball for the national team in Hungary. A manager talked to her team and said that he would help the players get scholarships. Agnes heard about Cowley College from Petra Hofmann, a Cowley graduate and former player on the Hungarian National Team. Petra told her that Cowley College was "cool" and that she enjoyed being here. When Agnes graduates from Cowley, she plans to transfer to a good university. She does not know yet if she will stay in America after college.

Jaqueline Anyasi:

Origin - Kenya

Major - Computer Science/Systems Analyst

Bio - Jacqueline traveled to the United States from Kenya in February 1998. During high school she completed a student internship here at Cowley College and enjoyed it, so she decided that she would attend Cowley College after graduating high school. Jacqueline hopes to get a masters degree in both computer science and medicine. She has not yet decided if she will stay in America.

Eridah Anyasi:

Origin - Kenya

Major - Pre-Dentistry

Bio - Eridah came to the United States in February of 1998. She attended Arkansas City High School and graduated at mid-term. She heard about Cowley College from her high school counselor. She found out that Cowley College was offering classes for mid-term students, so she decided to apply. Eridah wants to be a dentist and hopes to practice here in America after she finishes her education at a university.



Exchange



child

Psychology class builds children's playthings to create a 'Toy Story'

Picture a college psychology class. What is the first thing that comes to your mind? Lengthy writing assignments? Hundreds of terms or definitions to memorize? TOYS R US?

Cowley Psychology Instructor Judy Queen recently gave her 40 Developmental Psychology students an unusual assignment. "They all made toys," Queen explained, "and the idea is to observe the behavior of children." On March 14 the students tested their various projects on a group of 10 children, most toddlers 2 to 5 years old.

The toys designed by the students ranged from a traditional red wagon to an enormous box created by Joel Arnold and Noah Anderson. The box was decorated like a jungle with a dial showing five types of animals. The kids were supposed to enter the box through a curtain "and then we transform them into jungle animals!" exclaimed Arnold. At first, most of the children were afraid of the box because it was dark inside. With time, however, Arnold and Anderson successfully started to turn what was a nursery into somewhat of a zoo.

Some students decided to educate their test subjects. One board game helped kids recognize shapes, colors, and certain animals. For every correct answer, players could move their game piece up one step; plus they got a piece of candy to eat. "This one is my favorite," one of the kids commented. She then added with a little smile, "I like getting the candy!"

To test the children's interest in athletics, a T-Ball set with the softball tied to a rope was used. "Traditionally, the boys have always been the ones who had enjoyed the ball and bat," commented Queen, "but this year we had a girl try it out. Once she got the hang of it, she was hitting that ball like crazy! We couldn't get her off of it!"

Probably the most popular toy was a brown teddy bear created by Cindy Waldeck. One of the kids, Lauren, became espe-

cially attached to the stuffed animal. "I like this teddy," she said, but she added critically, "It's not (as good as) my teddy. My teddy is at home. My teddy is yellow."

Walldack said, "I just figured kids liked stuffed animals. I thought a stuffed bear would be perfect."

Queen's toy assignment wasn't all fun and games, at least not for her students. Not only did they have to write a paper on their findings, they had to observe and record the children in four basic types of psychological behavior. Physical development, the first category, measured how the toy affected the child's aggressiveness (the T-Ball and bat). Next there was cognitive development, measuring the child's vocabulary and recognition of shapes and colors (the board game).

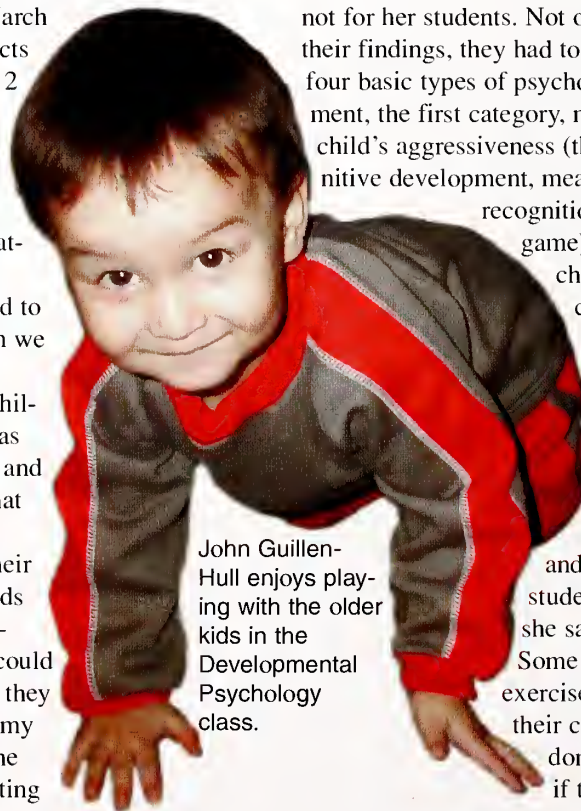
Social development focused on the children's reactions to the toy and other children (Lauren's lack of desire to share the teddy bear). The last subject was emotional development, which looked at the way the toys affected the child's emotions (the animal box).

Queen has been teaching psychology at Cowley for 13 years.

She has done the toy assignment each and every semester. "It helps them (the students) understand how children think," she said. "Some of my students are parents. Some are thinking about being parents. This exercise gives them the chance to cope with their children better if they had them. If they don't have kids, well, it helps them decide if they really want to have them."

The classes switch gears on their next project, in which they interview senior citizens. This involves asking many elderly members of the community about their thoughts on retirement, their financial status, even how they plan to handle death.

Above all, Queen's class has made a valiant effort to see the world through a child's eye. "Young children just want to observe their environment," said Queen. "I don't think it's fair to label 2-year olds as 'the terrible two's.' I prefer to think of them as the 'scientific two's.'"



John Guillen-Hull enjoys playing with the older kids in the Developmental Psychology class.

DEVELOPMENT



Brooke
 Evans &
 Nadie Tennant
 watch Julia blow
 bubbles while
 instructor Judy
 Green observes.



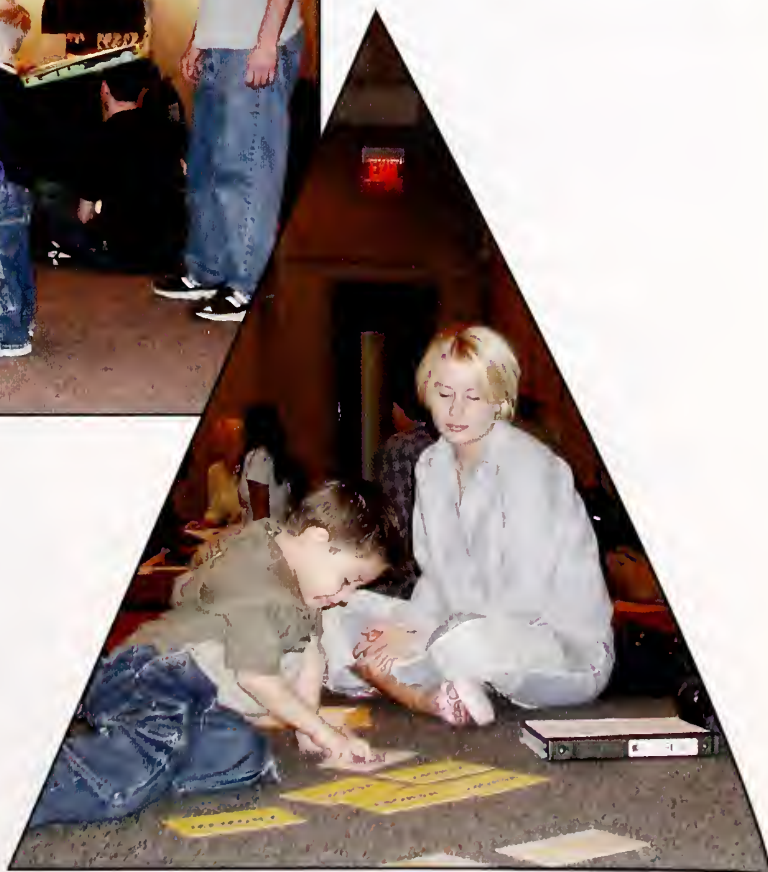
Lindsay Kendrick pulls John Guillen-
 Hull around in a homemade ride.



Beau Schultz stands back as Drake
 Spence takes a swing at the T-ball.



T-ball became a girl's sport this year.



Patricia Hyde and Jordan test their skills in playing a memory
 game.

Prime time Lenders,

Story by Justin Kendall
Layout by Aaron Sutton

Future Leaders

For students who are looking for extracurricular activities which can be not only fun, but also beneficial, there are plenty of options here at Cowley College. While not all of the organizations on campus admit students on a voluntary basis, with some hard work, effort, and discipline, anyone should be able to join the organization of his or her choice.

There are many benefits available to students who take part in extracurricular organizations, provided they put forth adequate effort. Not only can organizations help build confidence, but

they also help students find their niche and demonstrate their leadership abilities. As a participating student, you will get involved not only on campus, but also in the community. Some of the most rewarding activities will include helping others through volunteering.

The organizations spotlighted here are just a small sample of the choices available on campus. If you would like to learn more about campus clubs and organizations, you can talk to your advisor to find out which organization best fits you.

Volunteers Learning through Service



"Joining VoLTS is a great way to involve yourself in helping the community," says VoLTS Student President Kelli Riedmiller. VoLTS is a student-led organization that dedicates its energy to promote campus, community and national awareness of the service movement, build a more diverse membership, and strengthen student and community participation in service learning. Every student is welcome and T-shirts are available for \$10. "Many students enjoy working with others and helping them out," says Riedmiller. "It's fun volunteering with friends, both old and new; not to mention, it's a great way for students to get their community service hours." VoLTS recently sponsored the Senior-Senior Prom, an annual event, which brings seniors from the community together to dance and have fun.

Seniors enjoy square dancing at this years Senior-Senior Prom sponsored by VoLTS.



Student Government Association

Any full-time or part-time student can be involved in the Student Government Association. SGA is the platform from which students can voice their ideas and concerns. It is a diverse organization that sponsors and helps out with activities and events throughout the year. Most, if not all, of the events are especially for college students. If you are interested in becoming an officer, get in touch with SGA Sponsor Jason O'Toole. Officers help coordinate events and activities such as Free Movie Night, Karaoke Night, dances, Homecoming and others. SGA recently assisted P.A.W.S. with Spring Bash 2001.



Students try to beat the fastest time putting blocks into the ball during the Spring Break Bash 2001.

Peers Advocating Wellness for Students



Marsha Clasen and Kimi Ratanamorn picnic during Spring Fling 2001, an event sponsored by P.A.W.S.

P.A.W.S. is looking for caring individuals with good decision making abilities who don't mind contributing time and effort for the benefit of fellow students. Membership is completely voluntary, so no need to worry about dues or eligibility. Vicki Givens, sponsor of P.A.W.S., says, "Being a member builds character and confidence and also promotes good decision-making." One of the events P.A.W.S. sponsors is Red Ribbon Week, a city-wide event that takes a stance against drugs and alcohol. P.A.W.S. also participates in events such as National Alcohol Awareness Week, the Campus Blood Drive, the Great American Smokeout, and others. The major issues that P.A.W.S. tackles are teen pregnancy and the use of drugs and alcohol. P.A.W.S. also recently sponsored Spring Bash 2001 to promote safety and awareness during spring break.

Student Ambassadors

The Ambassadors seeks outstanding full-time students who have excelled in and out of the classroom and have represented the college well. Students who are members are nominated prior to their sophomore year. A Cowley College Student Ambassador is a high-profile position with many rewards. Students will have the satisfaction of returning something to the college as well as assisting new students by acquainting them with Cowley College. Student Ambassadors are also seen as leaders among the student body and will have the opportunity to interact with administrators, faculty and staff. There are many requests throughout the year for ambassadors to help with various functions. Ambassadors recently delivered roses and candy for Dillon's on Valentine's Day. Ambassadors are also in charge of tours on Senior Day to introduce prospective freshmen to the campus and faculty.



Student Ambassadors give prospective students a tour of the campus during Senior Day.

Phi Theta Kappa



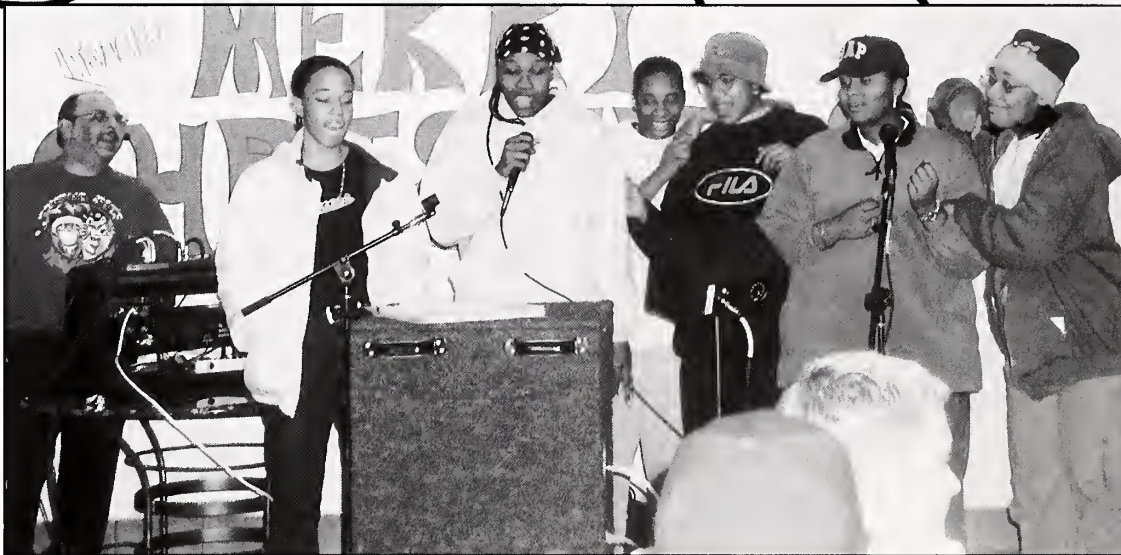
Spring 2001 initiates



Phi Theta Kappa is a nationally recognized honor society that looks for three qualities in its members. They must have **1)** 12 cumulative hours of study, **2)** A cumulative grade point average of 3.2 or above, and **3)** recommendation by at least three faculty members. If any students meet these requirements they will receive a letter in the mail informing them of their eligibility. There is a one-time fee of \$50 which accounts for the cost of mailings. PTK focuses on education, leadership, and service. There are over \$34,000,000 in scholarships available every year that are reserved expressly for PTK members. It's also an added bonus to have your membership noted on your resume or transcript. Any returning members are eligible to become officers. In the words of Todd Shepherd, sponsor of the Cowley College chapter of PTK, "I personally believe that education has its own rewards, and PTK is here to help people achieve the goals they have set for themselves."

Karaoke Night

By Stacy Gragert



Students take time to relieve the stresses of school as they belt out "Say My Name" by Destiny's Child.

Below, Carthon Diggs and Isaac Hoskins sing a song and bust a groove.



As you walk through the Jungle you might hear a sweet sound reminiscent of Shania Twain or sultry voices like Destiny's Child. Or you may hear what sounds like a dying cat or a dog howling at the moon. Whatever the case may be, karaoke night often hits a high note with Cowley students.

"No matter how terrible the singer is, it is still fun," said Casey Lowmiller. Karaoke night took the place of free bowling night, which was no longer held during the spring semester because of cost.

Karaoke nights happen in the student lounge area, also known as the Jungle, usually on a Tuesday evening every couple of months.

"I think it's beneficial that karaoke night is in the student center," said Shausha Lee. "People go through there to go to their dorm rooms, and if they haven't heard about it they can stop in."



"I like karaoke night. Everyone really gets into it," says Sarah Stueve, shown at right singing with her sister Rachel.

Josh Vaughn tries his talent at singing as Darin Sparks plays the guitar.



Free Movie Night

Allison Kimble sees a different side of free movie night when she works at the Burford Theatre.



What could be better than gathering a bunch of friends and going to catch a movie? A *free* movie, that's what. Free movie nights are held once every few months at the Burford Theatre.

"It's a cheap, fun night for us poor college students," said Kirk Brown.

Not only is it cheap entertainment, free movie night is an event Cowley students look forward to so they can socialize with friends.

"It gives us something to do, plus we get to see all the new movies that come out," said Angela Thome.

A few Cowley students, like Allison Kimble, don't go to socialize, they go to work at the theater itself. They say they love free movie night because they get to see and talk to friends on the job.

The last movie night was held in February due to a price hike at the Burford. As for the future of next year's free movie nights, the screen is a bit blurry. But for now, SGA sponsor Jason O'Toole said that next year's students can count on more free fun.

Students patiently wait for the start of *Hannibal*, *Miss Congeniality*, and *Saving Silverman*.





Kelly Miller practices the French horn during practice for the John McCutcheon Concert, which was held at the Orpheum Theater in Wichita.

Students *of the* Symphony

The Winfield Symphony contains 14 members from CCCC. They are as follows:

Kelsey Andreas	Cory Klaker
Casey Birkner	Darci Klick
BreaAnn Bonner	Dara Larson
Kyle Campbell	Kelly Miller
Nathan Dunbar	Robin Peri
Aeron Henderson	Jacqueline Spencer
Tobie Kile	Debra Walls



Cory Klaker expresses his love of music by playing his bassoon.

Darci Klick takes a few measures of rest while rehearsing at the Richardson Auditorium in Winfield.



Dara Larson (left) participates in a weekly practice.



Double Time

Fourteen college musicians double up on playing time by performing with the Winfield Regional Symphony

By Misty Thompson

Photos by Geneva Benton

Celebrity Music 101: Although this isn't the name of the class, Cowley College does offer Regional Symphony, a course that allows students to play with such music veterans as Three Dog Night, Kansas, and Don McLean.

The 14 students who are enrolled in the class spend approximately three hours per week practicing for their concerts that are performed with the Winfield Regional Symphony. In late October, the students performed in the Arkalalah finale concert with western music legend Michael Martin Murphy. On Feb. 12 they performed with singer/songwriter John Gorka.

"I think it's incredible," Aeron Henderson said. "It has made me want to keep playing so I can keep on meeting the people and learning the different styles. I have been introduced to so much incredible talent. Wow!"

Instructor Gary Gackstatter said that one of their best concerts this season was "The Great Escape" performance, which combined the music of the classic film with local World War II POW's sharing their experiences. During the performance, the film played silently on a big screen in the background.

"Combining the actual film with the song and with World

War II veterans turned out to be a magical evening," Gackstatter said.

The opportunity for students to perform with celebrities comes through the music legends themselves.

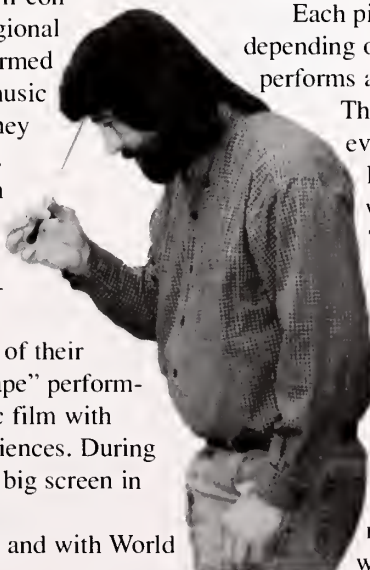
"They contact me, mainly because they want me to do arrangements for them," said Gackstatter.

Each piece takes about 30-50 hours for him to complete, depending on the length of the song, and the symphony usually performs about 15 pieces per concert.

The WRS was scheduled to become the first symphony ever to participate in the Wichita Jazz Festival on April 16. They were to perform with the Grammy award winning Paul Winter Consort in the Wichita Orpheum Theatre.

Plans for the summer are already in the works. The symphony will premiere a new piece titled "Prairie," which will be performed in the natural amphitheater on the Bonfy Ranch in the Flint Hills. The performance will include the Prairie Wind dancers, masked actors, a choir, and a narrator.

"It's good to play with musicians who have such experience," said Dara Larson. "I would definitely recommend this class to anyone. It's really worth their time."



Director Gary Gackstatter



Chris Gorman (Samaria Bowling) and Ken Gorman (Matthew Broderick) dance to the music while trying to avoid the cops who are at the door.

**Performance photos
by Tricia Morgan**

**Cowley County
Community College
and Act One present**





The "Rumors" cast: Justin Goggans, Matthew Broderick, Matt Hendershot, Blake Stites, Andrea Lazcano, Amanda Krueger, Samaria Bowling, Dena Jolley, Mason Powell, and Bobbie Meek along with Stage Manager Lindsay Ramirez



Cookie Cusack (Amanda Krueger) and Ernie Cusack (Blake Stites) shake their booties to throw off the aggravated cops at the door.



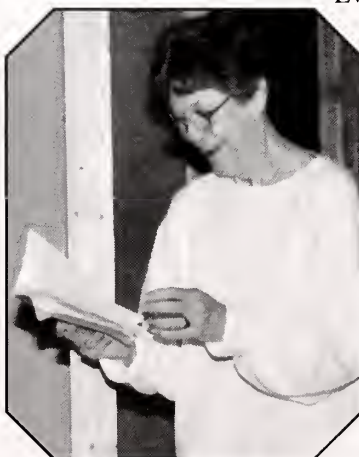
The Crew of "Rumors." Top to bottom: Geneva Benton, Bobbie Meek, Melissa Johnson, Wendy Owens, Lindsay Ramirez, Erin Hollenback, Matt Broderick, James Brent, Chuck Austin, Jake O'Toole, Jonathan Trackwell, and Technical Director Scott MacLaughlin.



BEHIND THE SCENES

Rumor Has It... Dejon Ewing directed the last play of her Cowley career. Actually, this rumor proved to be true. On March 1-3, Ewing, with mixed emotions, watched her students perform the last play she will direct at Cowley College. She began her educational directing career in 1972 with Neil Simon's *Barefoot in the Park* and ended it this year with Neil Simon's *Rumors*.

The scene took place at, Sneden's Landing, New York in the deputy mayor's ritzy townhouse. Three wealthy couples were to attend their friend's tenth anniversary party. Upon arrival, the first couple, Ken and Chris Gorman, noticed that the host and hostess were nowhere to be found. This is where the hilarious cover up began. As the other couples were arriving, each wondered what had happened to the host and hostess. Rumors started flying, as each couple had a different view on events. In the end, one of the guests made up an elaborate story about what had happened to the host and hostess of the party in order to please a questioning police officer. The twist was, his "made up" story was actually the truth, putting the rumors to rest.



Director, Dejon Ewing, stands behind the scenes looking over the script.

On the last night of the play Ewing added a twist of her own. The play usually ended with a knock on the basement door and then the lights going out. But on the final night, after the knock, Ewing emerged as one of the characters, getting quite a surprised reaction out of the audience and most of her cast and crew. According to Ewing only a select few of her cast and crew knew she was coming out. She wanted to do something special for the Act One Alumni who were present, as well as for the cast and crew.

In honor of Ewing's last play, an Act One Alumni reunion took place after the Saturday night performance. Alums of Act One, as well as present members, came from all over to share the evening. A montage of highlights from the past 26 shows she has directed were featured. Cowley President Dr. Pat McAtee also gave the alums an open mic and a chance to say a few words about Ewing and their theatre experiences with her. There was a catered buffet and photos were on display. "It was a magical time," said Ewing. "Through the years we had all spent a significant amount of time together and became a part of each other's lives. All of the happenings of Saturday night were wonderfully overwhelming."

Blake Stites, who played Ernie in the play, said, "It was an honor to be a part of Mrs. E.'s last production."



Ernie, Glen, and Chris try to quiet Lenny, who is excited and talking excessively about gun shots he heard.



Chris, Lenny, Ernie and Claire help Cookie sit down while she is paralyzed by a back spasm.



Ernie (right), mistaken as the butler, greets the final two guests, Glen and Cassie Cooper.

Cast

Ken Gorman - Matthew Broderick

Chris Gorman - Samaria Bowling

Claire Ganz - Dena Jolley

Lenny Ganz - Mason Powell

Ernie Cusak - Blake Stites

Cookie Cusak - Amanda Krueger

Glen Cooper - Justin Goggans

Cassie Cooper - Andrea Lazcano

Officer Pudney - Bobbie Meek

Officer Welch - Matt Hendershot



Cookie, Claire, and Chris play numbers.



Crew member Lacy Webb diligently paints the set for the stage.

Gossip

Rumors

Allegations

Photo illustration by Shelby Knowles and Tricia Morgan
Story and page design by Allie Hilleary

LENNY: Do I have to spell it out? A thing. A guy. A man. A fella. A kid. An affair. She's doing something with someone on the sly somewhere and it's not with Charley. Okay?

CLAIRE: You don't know that. You only heard it. You haven't seen it

LENNY: Of course I haven't seen it. You think they invited me to come along?

These lines from the spring play *Rumors* were entertaining. And rumors can be just as entertaining on the big screen as they are on the Brown Center stage. In the movie *Gossip*, the plot involves a rumor that is planted by three friends for a class experiment. In true Hollywood fashion, things go horribly wrong. Someone ends up raped and killed, and reputations are ruined.

Are real-life rumors just as entertaining? Whether they admit it or not, most people enjoy gossip. It's part of human nature to talk about each other and speculate on what our friends and neighbors are up to. Unlike the movie version of *Gossip*, most rumors don't cause such dire consequences, but they can make people uncomfortable.

It is Public Relations Director Stu Osterthun's job to try and nip rumors involving the college in the bud. "Some of the worst rumors are the sexual assault ones. These are as negative PR as can be. Things like this can be easily blown out of proportion and can reflect badly on the school." Other unsubstantiated rumors that Osterthun has had to deal with include the return of Tiger football, Cowley and Wichita State University merging,

and Cowley turning into a four-year university.

High schools are often a breeding ground of rumors, gossip, and allegations. Many current Cowley students remember juicy tidbits from their old alma maters.

"I heard that some guy put his sperm in a girl's applesauce that she used to take her pills with and she ate it," said Laura Beers, a sophomore and graduate of Derby High School.

"There was a rumor that the high school superintendent and the secretary were having an affair," said sophomore Casey Lowmiller, whose high school shall remain nameless to avoid perpetuating the rumor.

So why do we gossip? Why do most people find it simply irresistible not to spread a juicy rumor they have heard? According to Author Robin Dunbar's book, *Grooming, Gossip and the Evolution of Language*, gossiping is not only part of human nature, but it helped language develop. People began to travel in tribes for protection against predators. When someone died or someone was banned from a tribe, news would spread to other tribes. Spreading simple everyday news or gossip would sometimes prove a key to survival. It was key that simple grunts and squeaks be formed into solid lines of communication that could be understood on a more widespread basis.

Regardless if you agree or disagree with Dunbar's theory on the evolution of language, you can be sure that one fact remains the same. People do gossip. It may hurt and often be untrue, but there is something undeniably intriguing about those juicy little locker room stories.

"PEOPLE ARE PEOPLE. WE DO WHAT WE DO, THEN WE GOSSIP ABOUT IT. I LIKE GOSSIP, IT'S FUN."

- James Marsden

from the movie *Gossip*

"Considering that I do gossip, I'll be honest, I think it's fun."

-- Tracy Strawn
Admissions Rep.

"Gossip can be hurtful and fun. It's just part of everyday life."

-- Carrie Minor
Freshman

"Gossip is hurtful, but like a lot of things in life, you just have to learn to deal with it."

-- Casey Lowmiller
Sophomore

"I think it's fun as long as it doesn't hurt anybody, and as long as it's not about me."

-- Megan Martin
Career Assessments

"Gossip is hurtful. It takes others' lives and makes it into entertainment."

-- Maggie Campbell
Freshman

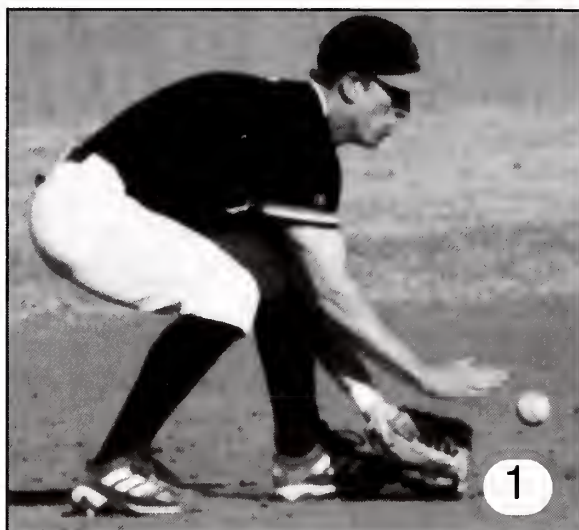
"You just get used to hearing gossip. It doesn't bother me, but it bothers a lot of other people."

-- Laura Ferguson
Sophomore

Sports in Action

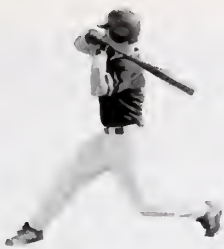
1. Gabe Lutrell scoops up a ground ball.
2. Brad Lunsford tosses his club in frustration after missing a putt.
3. Donata Majaускаite reaches low for the ball.
4. Cowley baseball players swing for their seventh consecutive Jayhawk East title.
5. Shane Gregg focuses on a forehand return.
6. The Cowley Lady Tiger softball team
7. Becca Hocker is a Cowley cheerleader in practice as she cheers on the tennis team

Photos by
 Laura Beers
 Geneva Benton
 Jason O'Toole
 Travis Thurman



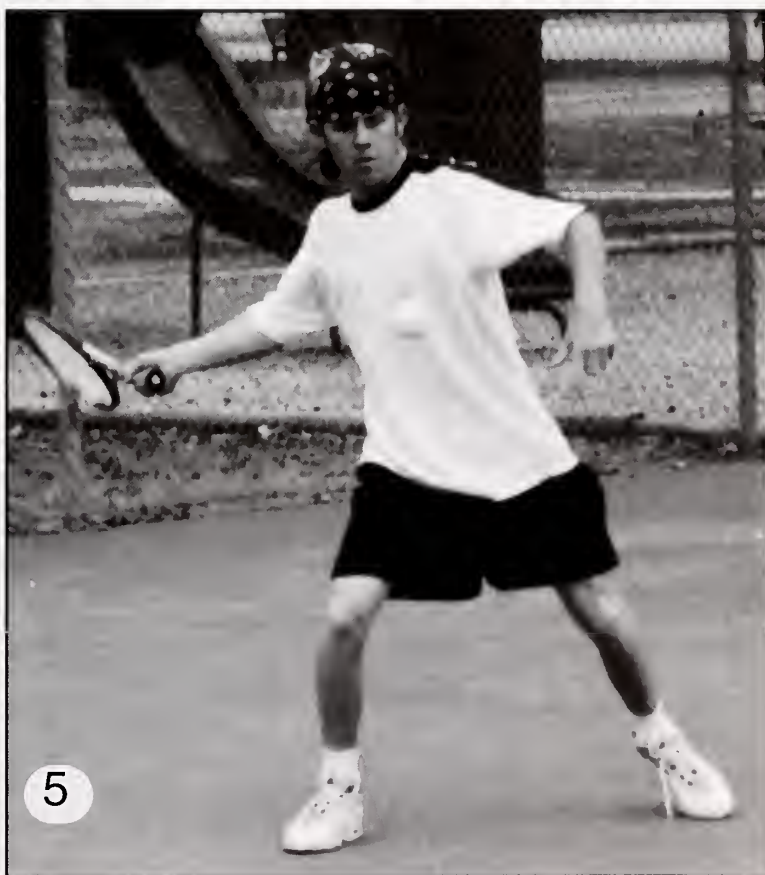
Spring Sport





By Stacy
Gragert and
Amanda
Hays

Spring *Forward*





Kardio

Kickboxing



Story and design by
Jennifer Stone
Photos by Jason
O'Toole and Jennifer
Stone

Students find a
new way to improve
coordination, strength,
and overall fitness.

Kardio Kickboxing, an intense training program for men and women, is now offered here at Cowley.

This class is not what most students expect. Because it is open to the general public, it includes people ages 15 to 50 who are in a variety of physical conditions.

Kickboxing for fitness excludes the physical contact associated with the hard-hitting competitive sport of kickboxing. "This is not a martial arts class," said Instructor Linda Hamlin.

Hamlin has taught various kinds of aerobics classes for 17 years. She is a certified personal trainer and a certified kickboxing instructor. Her partner Janice Miller is also a certified aerobic instructor; she is not a certified kickboxing instructor, but she has taken several training workshops on the subject.

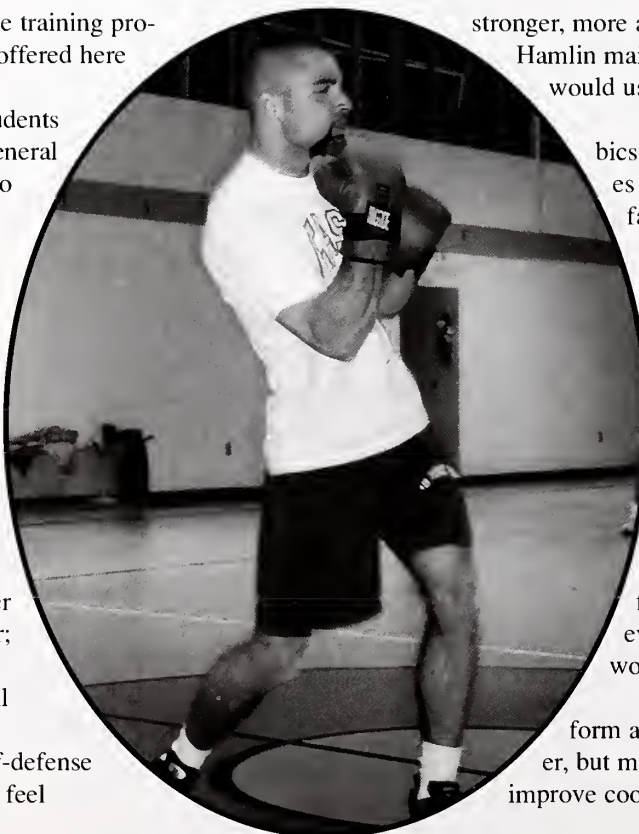
This class may resemble a self-defense class because it makes participants feel

stronger, more assertive, and more confident. But Hamlin maintains that this is nothing students would use to protect themselves.

Kardio Kickboxing combines aerobics, fundamental kicks, jabs and punches to improve strength and reduce body fat. "It's a good cardio-vascular workout that gets your heart rate up. We also work on endurance and flexibility," said Miller.

Everyone starts out the semester with an A. To keep the grade, students have to come to class. They start slowly and pick up the pace further into the semester. "We teach the basics until everyone feels comfortable," Miller said. "If you don't use the correct form you may have an injury. When everyone gets the basics down, the workouts get fairly choreographed."

Cowley's kickboxing won't transform a participant into a savvy street fighter, but many students think it is a fun way to improve coordination, strength and endurance.



David Jones works on his jabs and punches during his kickboxing class. Boxing gloves are provided to the students in Aritha Paris's class. She purchased these herself to give her students a feel of real boxing.



Clockwise from top:

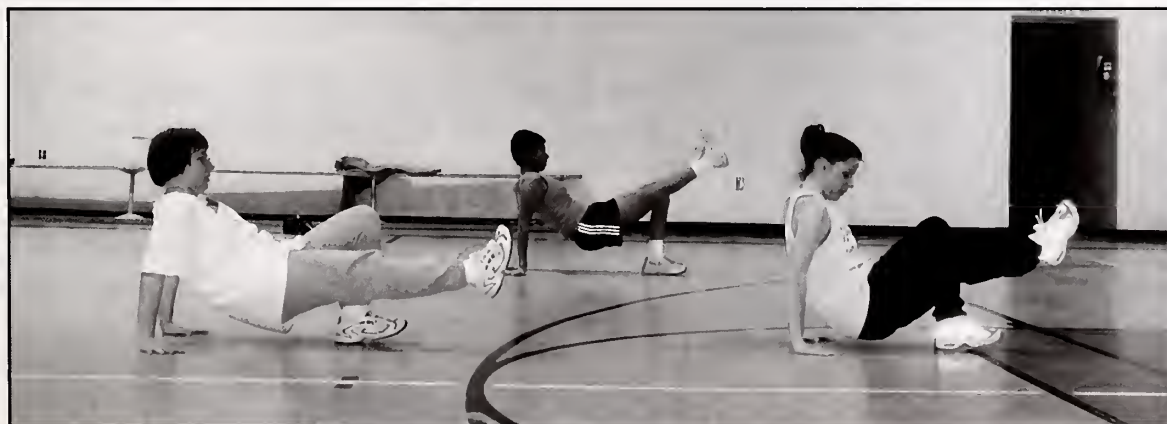
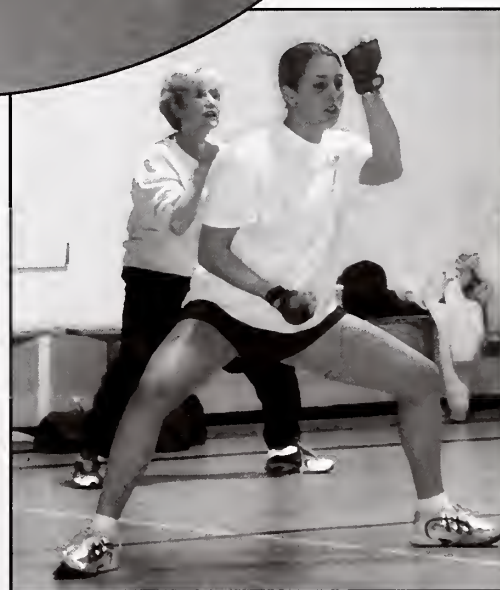
Instructor Aritha Paris leads the class in a cool-down stretch;

Jackie McColpin works on her round-house;

Jennifer Radcliff uses hand-weights in her class (these are allowed by her instructor but not by Aritha Paris);

Mother and daughter Elizabeth (left) and Robin Peri (right) learn kickboxing together.

Melissa Hernandez shows the traditional ending of each class. This combination is a way the class and instructor show respect for each other.



Lady Tigers fight through frustrations

The Lady Tigers went into this year's season ranked fourth in the nation. However, with the injuries of two key players early in the season and the dismissal of another one, their season ended earlier than expected. They lost in overtime to Pratt in the first round of the region tournament. This was the first time in four seasons that head coach Darin Spence has not taken his team to the regional tournament in Salina.

Aside from the injuries and failed expectations, the Lady Tigers had many accomplishments. They finished third in the Jayhawk Conference East Division and swept Johnson County, last year's Division II champions. "All in all we had a good year, and we did some good things," said freshman Stephanie Shanline. "Next year we hope to accomplish more."

On top of the team's successes, April Banks and Stephanie Shanline were both named second team all-conference.



Freshman Pepper Gooden passes the ball to a teammate.



Freshman April Banks dribbles around her opponent. Banks led the Lady Tigers in scoring this season.

"It was disappointing the way the season ended. We didn't accomplish what we set out to accomplish but we did win 24 games."

-Sophomore Allison Rose



Freshman Trecha Kennedy shoots a three. Kennedy averaged 7 points and 3 rebounds a game for the Lady Tigers.

Women's Season 411

Record: 24-7; 3rd in Jayhawk East

Big Wins: defeated Johnson County (last year's Division II champs), Butler County, and Cloud County (this year's Division I champs).

Post season honors: April Banks, second team all-conference. Stephanie Shanline, second team all-conference

Coach Quote: "There's no question this was a frustrating season. However, other teams would have folded and we fought through it."

-Head coach Darin Spence

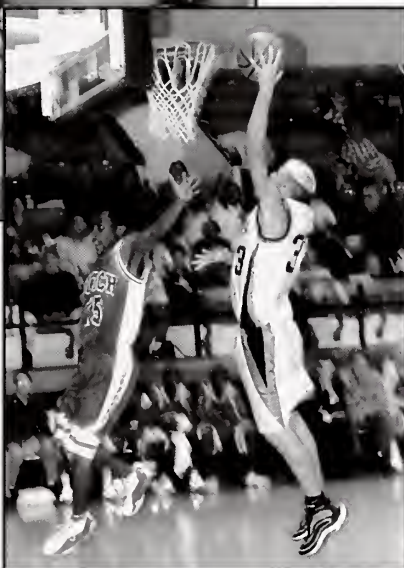
Injuries plague Tigers' season

Throughout the men's basketball season, several key players were plagued by injuries. At one point, there were three fractures in three weeks. The Tigers' season ended with a surprising loss to Hutchinson in the first round of the region tournament. With all but a couple of the Tigers' injuries healed, they were expected to win but fell short. Another surprising loss came with the resignation of head coach Mark Nelson, who was asked to resign after eight years of coaching at Cowley. Former Wichita State and Butler County coach Randy Smithson will take the head coaching position for the Tigers next season.

Despite the injury plague, the Tigers did pull together to finish fourth in the Jayhawk Conference East Division and score some big wins. Cowley beat Barton County at home for the first time in 15 years. The Tigers also defeated Butler County, the Jayhawk West champions, not once but twice. This is the fourth straight time Cowley has beaten Butler. Taking postseason honors this season were Mike Hayes with first team all-conference and Richard Wilson with second team all-conference.



Jonathan Raney drives past a defender.



Sophomore Jerod Seal goes up for two.

"I enjoyed playing with the guys this year, and I am blessed to have been able to play for Coach Nelson. Cowley basketball won't be the same without him."

- Sophomore Jonathan Raney

Men's Season 411

Record: 23-8, 4th in Jayhawk East

Big Wins: beat Butler County (the Jayhawk West champs) and defeated Barton County for the first time in 15 years

Post season honors: Mike Hayes, first team all-conference. Richard Wilson, second team all-conference.

Coach Quote: "It's tough to see the sophomores go. Junior college is hard because people leave so soon, and you wish you could enjoy the group you have longer."

-Head coach Mark Nelson



Sophomore Mike Hayes posts up an opponent. Hayes led the Tigers in points per game and rebounds per game.

Smithson takes center court



With the hiring of new men's basketball head coach Randy Smithson, Cowley ignites media frenzy

Photos by Heather Benoit
Story by Greg Yunker

After five short days without a men's head basketball coach, the decision was made. Randy Smithson, former Wichita State University and Butler County head coach, was named coach of the Tigers at a press conference held on the morning of March 30 in the W. S. Scott Auditorium. The day of the press conference attracted reporters from all of the local news media, including KSNW Channel 3, KAKE Channel 10, and KWCH Channel 12, putting Cowley County at center court of the sports world in Kansas on that day. *The Wichita Eagle* also helped contribute to Cowley's 15 minutes of fame by covering the story. A crowd of approximately 100 people attended the press conference. On the day before the press conference, local media were already spreading the rumor that Smithson would be named head coach at Cowley.

Smithson beat out another former Butler County head coach, Steve Eck, who was also a former assistant of the University of Missouri-Kansas City, and the former head coach of Neosho County, Jeff Guiot.

"I wanted to get back into coaching, and my best days were at a junior college," said

Smithson. His ties with Cowley College run deep. He worked with both Athletic Director Tom Saia and former head coach Mark Nelson at Butler County. Assistant coach Brian Jackson played for Smithson while he was at Butler. Smithson also played basketball for Cowley during the 1978-79 season under Coach Jerry Mullen.

The decision for a coaching change was made by Cowley President Dr. Pat McAtee and Athletic Director Tom Saia. Mark Nelson, head coach at Cowley for eight years, was called into Saia's office and then proceeded with Saia to McAtee's office, where they asked for Nelson's resignation. Nelson said that he was quite surprised but that he appreciated all the support he received during his tenure. His overall record as head coach at Cowley was 166-86.

Smithson's concerns for the time being are not with the team's conditioning but with their academic status. He said he expects his returning players to work hard on their studies this spring and play a little basketball in their free time. He emphasized that he hopes to begin next year with a set of players willing to compete for the national junior college title.



Randy Smithson answers questions concerning his newly acquired position.

Tiger Timeline

- March 7

Men's season ends with disappointing home playoff loss to Hutchinson.

- March 26

Mark Nelson officially resigns as men's coach.

- March 29

Rumors fly through local media, including three major Wichita television stations, that Randy Smithson will be named coach.

- March 30

Smithson named head coach at a press conference in W. S. Scott Auditorium.



Athletic Director Tom Saia takes the honors of introducing the newest member of the Cowley coaching staff.



Randy Smithson graciously accepts his official Tiger jacket and his new home at Cowley College.

What does your Cowl

By Erica Schmidt

I had a big lunch.

Todd Shepherd



While analyzing **Todd Shepherd's** writing the results showed...he is an accumulator. He has an initial hook on his letters that claim he obtains great satisfaction by acquiring money (or in his case, fruit jars). In a conversation after the analysis he shared that he has over 100 fruit jars in his collection.

The guppie people are coming! - Charity Day

"Charity likes consistency and often uses one way to accomplish things. Mostly, she tries to control her emotion by keeping problems to herself; however, things tend to bother her later on." says Lexie Wagner, a friend of **Charity Day**. Our findings for Charity Day did match up to what Lexie said. Also, the capitalization of the "E's" and the strong backbone of the "P's" seem to imply that Charity has a clean thoroughness about her. In a broader sense, her handwriting tells us, "If it's not broke, why fix it?"



Sometimes in the summer I like to eat watermelon on the picnic table with my cousins
Sarah Stueve



The vertical slant in **Sarah Stueve's** handwriting reveals that she is emotionally controlled. However, the speed at which she wrote reveals that she is a fast-thinker, capable of being shrewd on her feet. Last, the roundness in her lettering tells us that she enjoys entertaining with her ebullient personality.

Next time that special someone you've been eyeing finally asks you out, you might want to ask for a handwriting sample. With some basic training, you may respond, "I'd rather not go out with you tonight. You have a tendency to be high strung with an explosive temper. You are selfish and you procrastinate. So-rry!" Or you may answer, "I would love to go out with you. You have great enthusiasm and have control over your emotions!" Sounds almost too good to be true...sifting through those prospective dates for the one that matches your personality.

Here's another one: You have reached your ultimate lifelong goal. After years of hard work in college and elbowing your way up the corporate ladder, you find yourself in the hot seat of an interview...every response you have given has required a well-thought and complete answer. It's as if every book you've ever read, every dream that has floated through the core of your imagination has led up to this climax. Just when you think you're home-free, the interviewer asks you to write a sentence with your own handwriting. You unsuspectingly oblige and hand the sweaty pen and paper back to him, nervously chewing your lip as the interviewer peers at your scrawled calligraphy. What happens next? Only your HANDWRITING can tell you that...

Welcome to the mysterious world of handwriting analysis. No, this isn't Cleo, but it's something any amateur can try by simply remembering a few aspects that determine personality.

graphy say About You



I am very excited About the upcoming Spring play "Runners".

Dejon L. Ewing



Dejon Ewing's excitement shows in her scribbles. Her capital "R" in the middle of a sentence shows **energy**. "Dejon is very energetic and she does not procrastinate," says Debbie Bridges, a co-worker of Dejon's. The overly large letters at the beginning of words shows that Dejon likes to entertain. She claims this isn't true but she does like to convince other people to perform.

I'm on the computer right now as I write this. I'm looking at stuff on ESPN.com.

Torien Scott



Due to the slight right slant, **Torien Scott's** handwriting reveals that he is emotionally expressive. People with this particular slant view life as "all joy" or "all pain." Because they usually act with their hearts and not always their heads, it is natural for a right-slant to act first and think later.

vertical

■ vertical slant--controlled emotion, composed, does not let personal feelings about situations affect the outcome

variable

■ variable slant--inconsistent attitudes and feelings. These people can be unresponsive at one moment, and outgoing the next.

l

■ looped "d" and "t" stems--sensitive to criticism

ta

■ short "d" and "t" stems--independent thinkers

t

■ long "t" bars, usually crosses other letters--enthusiasm

h

■ "t" bar is more to the left of stem--procrastination

t

■ "t" bar is to the right of stem--temper

u

■ open oval letters--talkativeness

o

■ closed oval letters--secretive and good listener

Cowley is a great place to work!

Scott MacLaughlin



Scott MacLaughlin has a signature of a serial killer, but his upward slant claims that he is enthusiastic and he has a positive outlook on life. His looped "T" says that he is sensitive to criticism. Scott agreed, "Yes I am, so don't criticize my work or I will have to kill you."



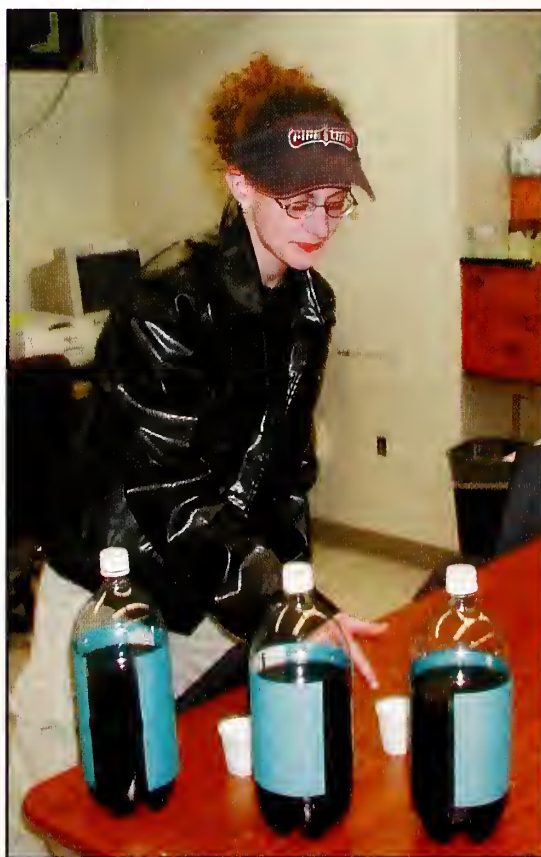
COLA WARS

Story by
Greg Yunker
Layout by
Aaron Sutton

After much dispute over which soda tastes best, *The Pulse* decided to put Cowley students and faculty to the test. We set up three different tests with two mainline sodas that tasted similar to each other and a third, cheaper kind. Each of the three tests was designed to see if people could pick out their preference over competing brands.

First, the tested sodas were put into three different groups. Pepsi, Coca-Cola and Big-K Cola were Group A; Group B consisted of Dr. Pepper, Mr. Pibb and Dr. K; and Sprite, 7-Up and Big-K Lemon-lime were Group C. Next, we asked the tester at-hand which soda he/she preferred. Then we gave each guinea pig three different samples and asked which one he/she thought tasted the best. Our intentions were simply to see if people could tell their preference over the cheaper brand and if the mainline sodas actually taste better or if they just have better hype.

In the the Group A test (Pepsi, Coca-Cola and Big-K), Pepsi was the preferred choice. Of those participants 64 percent chose Pepsi as their favorite. The Coke testers did not fare as well, with only 43 percent of them choosing



Erin Hollenback cautiously decides on what she thinks is the best tasting sample.

Coke over the other two sugary choices. There were several participants who didn't pick their initial preference as the best tasting. Surprisingly, out of all the tests conducted in group A, one-third of our participants picked Big-K Cola as the best tasting.

Group B (Dr. Pepper, Mr. Pibb, and Dr. K) was tested second most often. Individually, Dr. Pepper was tested more than any other soda in the experiment, but it fared about as well as Coke, with only 44 percent reporting Dr. Pepper as the tastiest. Through the entire process, only one very admirable person chose Mr. Pibb as his favorite and he nailed it. Dr. K didn't manage as well as Big-K Cola did, but it still brought in 18 percent of the votes as the best-tasting soda in group B.

Group C (Sprite, 7-Up, and Big-K Lemon-lime) was the least tested. Many people, including me, remember these particular brands of soda as something their mothers gave them when they were ill, resulting in not-

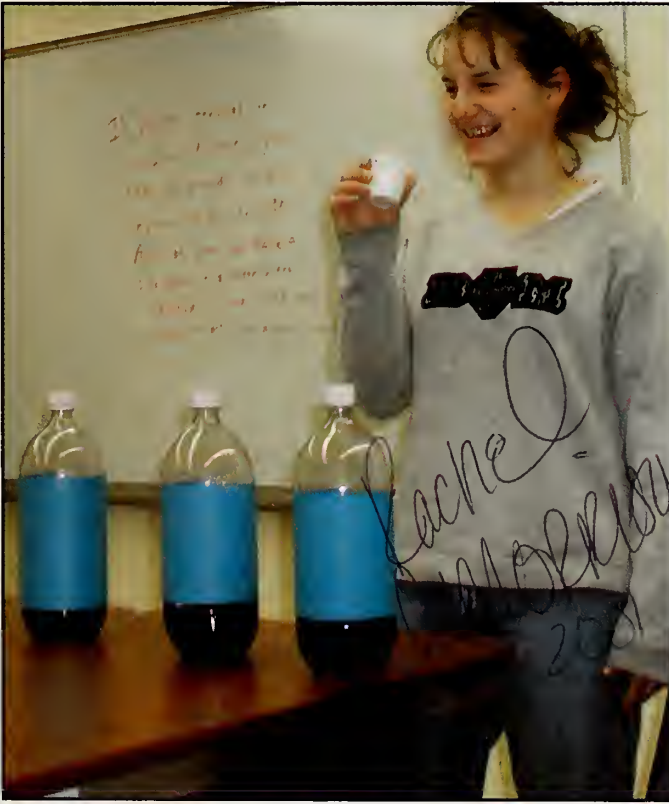
so-fond memories. The brave souls who took part in this group's testing mostly preferred Sprite, but only 38 percent of them chose Sprite as tops. The 7-Up testers fared a lot better, with 75 percent reporting that the 7-Up sample was the best tasting of the group. Big-K Lemon-lime held its

own by receiving 17 percent of the votes as best tasting of group C.

Just to have a little fun I kept track of how the sexes fared against each other. The guys fared just a bit better with 63 percent of the men testers being right, while only 54 percent of women testers were right. For all you Mountain Dew fans wondering where the Mountain Dew group was. Well, we decided not to Do the Dew because, rumor has it, it has a certain side effect on the male anatomy due to one of its ingredients.



As the other contestants look on, Scott Haywood contemplates his decision.

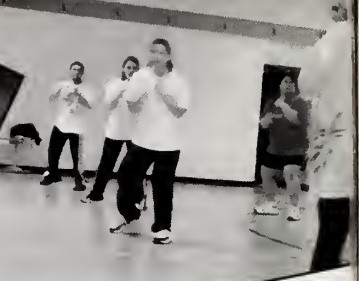
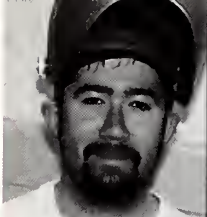


Sophomore Rachel Morrison takes her "shot" at the cola challenge.



Lyndsey Schulte decides to carefully taste the contents in each cup before making a choice.





Hold My
Duff

PLEASE DO NOT PIT
CHEWING TOBACCO
IN WATER FOUNTAIN



By Garret
Thompson



The ***PULSE***
STAFF



Erica Schmidt



Stacy Gragert



Greg Yunker



Amanda Hays



Tiffany Kleinbeck



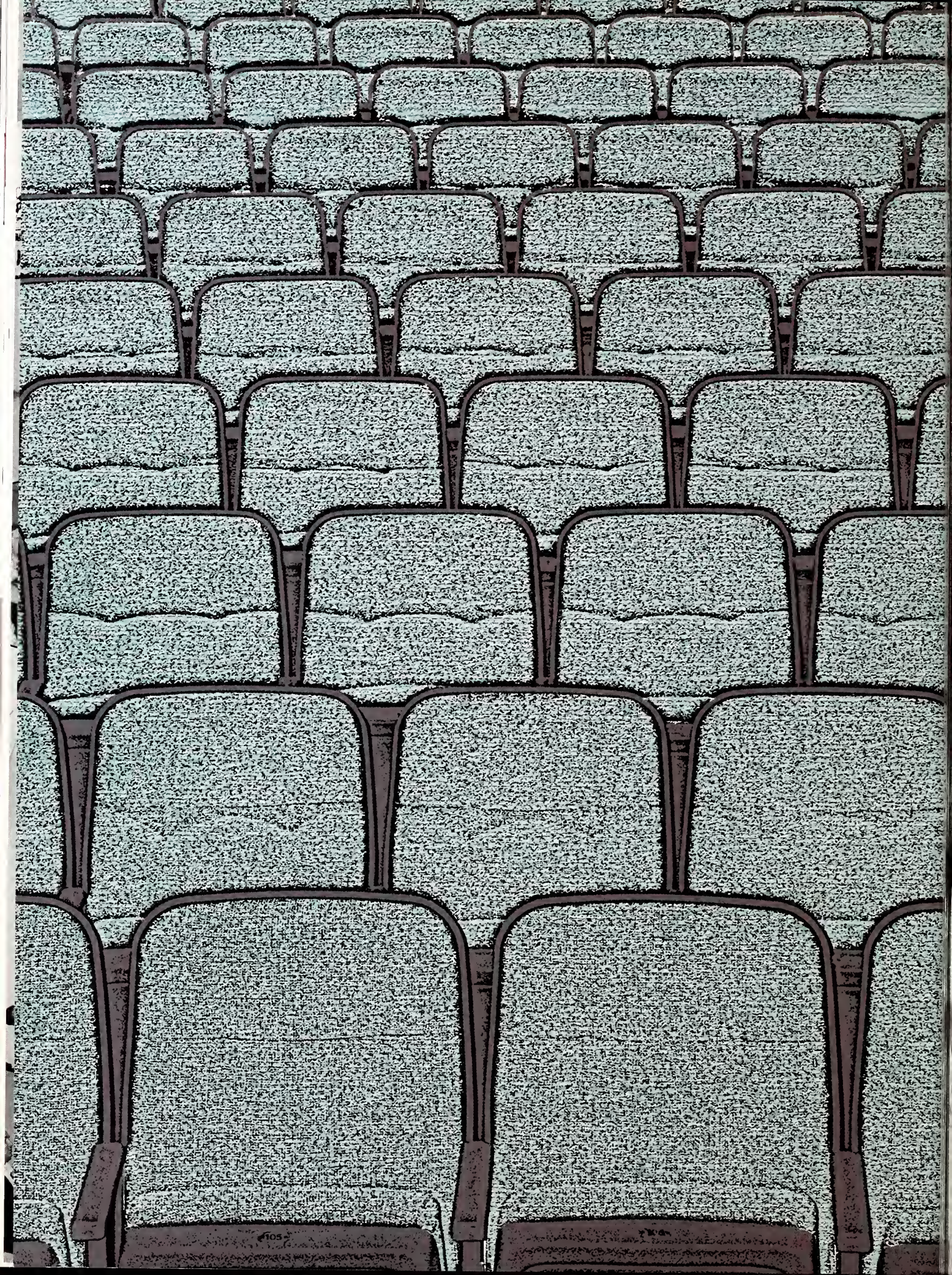
Trishel Riggs



Justin Kendall



Jennifer Stone



The PULSE

Student Magazine Of Cowley College

Cowley Students Survive...

ORIENTATION

Twin Towers Attacks

BIG RIVER

The Adventures of Huck Finn

MIC Violations

Fall 2001



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Arkansas City, KS 67005

Fall 2001

The PULSE

SURVIVORS **@ COWLEY**

Incoming freshmen test their survival skills
during Orientation challenges.



Niki Lee is caught kissing a worm at the Natural Science Department challenges while on the Scavenger Hunt at Freshman Orientation. "Yes, I'd kiss a worm again, for candy anyway, but I didn't enjoy it," she said later. (Photo by Rochelle Bohannon)

Freshman Orientation

2 0 0 1

Sue Saia, associate dean of Student Services, probably feels fortunate that she survived organizing Orientation. Borrowing the "Survivor" theme, six instructors became stereotyped contestants to see who could survive the college experience. Those six were Scott MacLaughlin (the baseball player), Marlys Cervantes (the coffee addict), Scott Haywood (the drunk), Connie Wedel (the perfectionist), Mark Jarvis (the nice guy workaholic), and Kristi Shaw (the beauty queen).

At first, Haywood seemed least likely to win since he didn't care about anything except parties and beer. He even voted himself off when he ran out of beer. But somehow he managed to turn his perspective around, becoming a sober, upbeat team member, and won Cowley's "Survivor" series. The six instructors recorded their video during the weeks before Orientation.

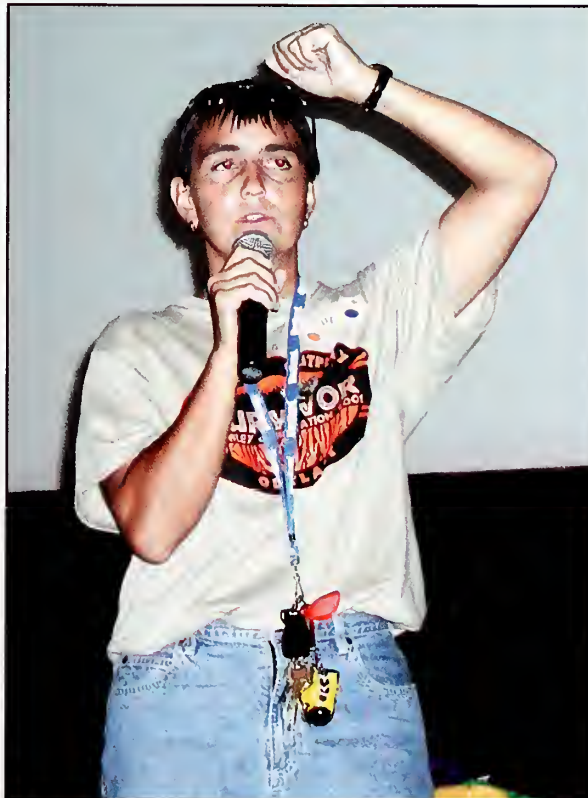
Another activity at Orientation was True Colors, where students learned the color of their personalities and how to live with their opposites.



What's your True Color?!

Orientation students attended a seminar to discover their true colors.

- BLUE** ~ friendly, loving, caring and into family tradition
 - GREEN** ~ logical thinkers, curious about everything, perfectionists
 - GOLD** ~ punctual, team players, neat & orderly
 - ORANGE** ~ does not thinkers, outgoing, daring, spontaneous
- (Photo by Heather Benoit)



The winner of the Cowley version of the show "Survivor" was Humanities Instructor Scott Haywood, but everyone at Orientation knows him simply as Haywood. He proved that the class drunk doesn't always lose out in the end, but it takes a lot of work to go from a loser to a winner. (Illustration by Helen Barrett)

Sue Saia sports her true colors. She helped keep everything moving smoothly for the Freshman Orientation this fall. Saia is Associate Dean of Student Affairs.

Will students survive the dorm life?

Dorm Sweet Home

Pages by
Jordyn
Rice and
Amber
Galloway

This room, decorated by Trishel Riggs and Crystal Kendrick, reveals walls of pictures and a bed lofted on top of two desks.



Jason Schroeder and Bobby Goodman relax after a hard day of classes. Their room is decorated with beer paraphernalia, which includes Natural Light boxes duct taped to the wall.

This fan is unique and at first glance is difficult to identify. The fan not only matched the decor in the room, it also showed the changing of the times.

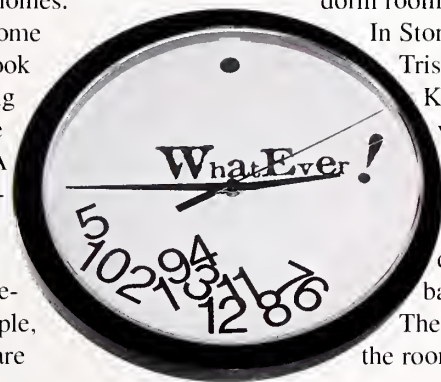
This bathroom that Trinna Heasty, Tiffany Miller, Jennifer Cox, and Lyndsey Schulte decorated returns to the time of Marilyn Monroe and when movies were at their best in black and white. The bright red allowed them to catch people's eyes and the zebra print gives it a teen shimmer.





“What can I do to make this place feel like home?” This is one question on the minds of many students who are living on campus. Freshmen face a new challenge of trying to be survivors when it comes to making their dorm rooms look similar to their rooms at home. The room does not necessarily have to look exactly the same, but most students want to feel comfortable since the dorms are now their new homes.

What are some good ideas to look at when deciding how to decorate a dorm room? A tour of the campus revealed many unique decorating strategies. For example, many students are experimenting with lofted beds. This is where one bed is raised to its highest point while the other is at normal height. The end of the lower bed is stuck underneath the higher bed, forming an L shape.

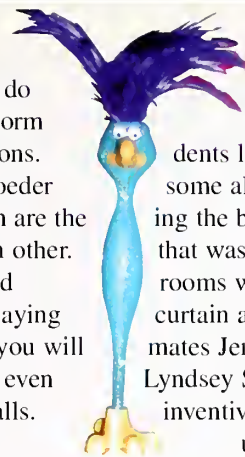


This clock is displayed in Crystal Kendrick and Trishel Riggs' room. It is a reminder to everyone to tell the girls to be an hour early to everything.

It is often assumed that guys do not make a big deal out of their dorm décor, but there are a few exceptions. Bobby Goodman and Jason Schroeder maintained the simple beds which are the same height and across from each other. However, their walls are decorated slightly on the unusual side, displaying an alcohol theme. In their room you will find beer logos, beer posters, and even actual beer boxes taped on the walls.

Girls tend to go somewhat crazy when it comes to the style of their dorm rooms. Girls' dorms tend to display pictures, cute picture frames, lava lamps, candles, and other knick-knacks brought from home. You may also find posters, colorful or animal print bedspreads, stylish rugs, and even flowered lights. Many girls spend weeks trying to decide how to arrange their rooms while others can just throw something together in under an hour. It just depends on how comfortable they want to feel in their dorm room.

In Storbeck Dorm, sophomores Trishel Riggs and Crystal Kendrick came up with an innovative idea unlike anyone else. They faced their desks toward each other and propped one of their beds on top of the two desks. The other bed is simply balancing at its highest level. The closets are in the middle of the room with the television, microwave, and VCR on top of them. In the open space they have a futon and a blow-up chair in a living area. Boys are not the only ones with a fashion sense for beer logos; these girls also have signs and flags representing different



The bird pen is written with often by its owner Jennifer Cox.

brands of alcohol beverages.

Not only do college students liven up their actual room, but some also like to go as far as decorating the bathroom. The recurring trend that was noticed in many of the bathrooms was the colorful fish shower curtain and bath mats. However, suite-mates Jennifer Cox, Trinna Heasty, Lyndsey Schulte, and Tiffany Miller inventively decorated their bathroom using the colors red and black. They have a somewhat old-fashioned style with a Marilyn Monroe collage above their toilet and a “Crosswalk” sign on the wall. Their bathroom also includes a red kiss-shaped picture holder, a leopard candle, and a leopard trash can in the corner. The most unique item in



Trinna Heasty proudly shows off her fish “Aquafina.” Her bathroom is decorated entirely in leopard which you can see by the chiffon curtains.

their bathroom was the exit sign on the toilet.

Hopefully some of the ideas that were mentioned will be helpful to those students who are trying to survive dorm life in style.

Plenty of residents dug into their creative minds to make it seem like dorm sweet home.



This happy face light is a cute decoration on Laura Stow's desk. Other lights like this one are shaped in objects such as stars, hearts, and flowers and are displayed in many teenage girls' rooms.



Crystal Kendrick relaxes on a blow-up leopard chair while she talks on the phone. The chair is placed in their living area.

FASHION FRENZY

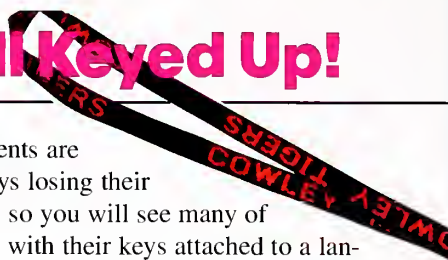
Alluring SCENTS

Many teens seem to think that it is necessary to wear cologne or perfume on an everyday basis. These scents may cause you to be attracted to someone as there are new scents on the market that have phenomes in them and act as an aphrodisiac. Watch out, ladies!



All Keyed Up!

Students are always losing their keys, so you will see many of them with their keys attached to a lanyard. A lanyard goes around the neck so keys are not as easy to misplace. They are sold nearly everywhere, each with different sayings printed across them.



TRENDY TRINKETS

No outfit is complete without the help of jewelry. Shell necklaces, beaded jewelry, rings and necklaces with stones that can be interchanged, and big hoop earrings are some of the latest rages in the teen fashion line.



A Hairy Situation

Many ladies don't feel their hair is long enough or want to turn their normal day ponytail into a curly updo without the hassle of hair attachments or extensions.



Purse-onal



Purses are a must for many girls' ensembles and there are so many different types. The styles range from sporty purses to take with you to the gym all the way to evening bags appropriate for a candlelight dinner.

HIP KICKS

Shoes can make or break an outfit. But a must for every girl's wardrobe are the knee-high black boots that are extremely versatile. Most guys prefer their comfortable tennis shoes, although some dress in Dr. Martens as they go out for a night on the town.





Carthon Diggs style is GQ with his black dress slacks and a dressy white shirt.

Julie Cole prefers to be comfortable in her blue bug slippers.



Andy Mayfield is dressed to kill in khaki pants and a blue button-up short sleeve shirt.



Chelsea Stancoff looks up-to-date in her big hoop earrings, which she thinks are a must for every ensemble.



Mike Harrington proves to be the perfect model sporting his gray dress slacks and seductive pose.



Laura Gore is sleek and stylish in her khaki skirt and animal print top.



Isaac Hoskins looks stunning in khaki pants and a turtleneck sweater.



Cari Skinner's fashion style is comfy and cute in her sweatpants and wife beater.



Clay Toomey shows off his favorite fashion style, which consists of a sweater pulled over a long sleeve collar shirt.



Kathryn Kreidler takes a walk on the wild side in her retro skirt and tall go-go boots.



Jake O'Toole looks cute and comfortable in jeans and an Eddie Bauer t-shirt.



Jaque Torrence keeps up with the times in her frayed jeans and knee-high black boots.



Tragedy Unites Students

For almost everyone in America, Sept. 11, 2001, will be etched into our minds as one of the worst days the United States has ever seen. With all of the lives lost in the terrorist attacks against the Pentagon and New York's Twin Towers of the World Trade Center, many colleges around the United States helped out by raising money and holding prayer vigils.

One college directly affected by the terrorist attacks, New York University, resumed classes the next day, but had to house some students in hotels off campus until the dorms went through environmental testing and cleanup procedures. Since then, the college has been returning to normal.

Closer to home, many area colleges and universities held memorial services and helped victims and families in New York by donating blood and raising money. At Kansas State University, a memorial service was held on the Friday after the attack to help mourn the victims of the tragedy. The service included a moment of silence and an auditorium-wide sing-along of "America



Students and staff take time out to attend a campus memorial service held for the victims in New York and Washington, D.C. (photo by Heather Benoit)



Cowley students sit and watch the New York skyline as the Twin Towers of the World Trade Center collapse. (photo by Stephanie Hull)

the Beautiful."

On Oct. 4, Oklahoma State University students held a candle-light vigil on the campus lawn. The OSU "Burning Black Choir" sang memorial and tribute songs for the attack victims. Fraternities and sororities around campus had a canned food drive and collected work gloves, hard hats, and goggles for the families and workers in New York. All items had messages written on them before they were sent. There also was a t-shirt sale, with most of the money made going to New York.

At Cowley, many students gave blood and held memorial services for those affected by New York's attack. Like OSU and KSU, Cowley had its own campus-wide memorial service on Friday, Sept. 14, at the Arkansas City campus. Students gathered at Calder Bonfy Amphitheater from 11:50 a.m. to

12:20 p.m. to mourn and remember all the victims that were missing and killed from the terrorist attacks. A bulletin board was set up in the basement of Renn Memorial Library for students and staff that wanted to voice their opinions and feelings toward the events. All the comments were then sent to New York.

Many students had something to say about the situation. Freshman Amber Galloway said, "I think it devastated the world and touched everyone somehow. Hopefully it will draw all of us closer and make us realize what is important."

For more information on donating blood, contact the American Red Cross at 1-800-GIVE-LIFE or America's Blood Centers at 1-888-BLOOD-88. Or go online to www.redcross.org or www.givelife.org.

Cowley Student Reactions

■ "The attack on New York was a horrible tragedy that devastated our nation. But I also think it brought us together and brought a sense of unity that our generation has never experienced."

Maggie Campbell

■ "It's scary, especially being away from home."

Lisa Ferguson

■ "I was truly disheartened by the tragic events that occurred in New York. In my opinion it changed the way we all live day by day, forever."

Dustin Colgrove

■ "The attacks that took place Sept. 11 made me realize how quickly the world can change. Now the people in the United States need to stick together."

Brad Arnold

Study Habits

stories...

.....

Jennifer Buechter Lives in Dorms Hates noise

A black and white photograph of a woman sitting on a bed, reading a book. She is wearing a light-colored top and dark pants. The bed has a floral patterned blanket. A framed picture hangs on the wall behind her.

Pulse: Do you cram for tests?

Jennifer: Oh yeah, I'm a big crammer. It may eventually bite me in the rear and I'll have to change, but yeah, I cram.

have to change, but yeah, I
cram.

Dede Williams Lives at home
Likes noise



station. Just the fact of having the TV on is a must-have.

Pulse: Do you do anything unusual while you study?

Dede: Well, I have to eat peppermints because it keeps me going.

Pulse: Is there a certain room that you feel more comfortable studying in?

Dede: My bedroom because nobody goes in there so I get stuff done without interruptions.

tions.

Pulse: What do you normally do when you study?

Anne: I usually listen to the radio. It's only country because that's the only station I can pick-up in the dorms.

Pulse: Many people either cram the night before a test or study a few days in advance. What do you do?

Anne: I always procrastinate, so I usually have to cram.

Pulse: Studying can get really exhausting after a while. Do you take breaks during heavy study periods?

Anne: Usually if I take a break I'll watch TV and get distracted, so I usually eat something and rest instead.

Pulse: What do you eat?

Anne: Well, nothing healthy! Just whatever I happen to have in the room.

Anne Brown Lives in Dorms Likes to eat



Josh Mayo

Lives at home

Likes to sleep



Pulse: What are some of your study habits?

and then of course, the parties! I just don't have the time.

Josh: I don't study. I just sleep through class and somehow I comprehend stuff more that way.

Pulse: Since you don't study, is there a certain position you have when you're sleeping to "absorb the material"?

Pulse: Why don't you review the material from class?

Josh: I would have to say my head on my desk. That's the best way to do it.

Josh: Well, I have work, then practice,

8 Tips to Improve Your Study Habits

1. Decide what to study, how long, and how many (chapters, problems, pages, etc.). Set and stick with deadlines.

2. Do difficult tasks first. If you procrastinate, start off with an easy, interesting aspect of the project.

3. Have special places to study. Take into consideration lighting, temperature, and availability of materials.

4. Study 50 minutes and then take a 10 minute break. Stretch, relax, have a snack.

5. Allow longer, "massed" time periods for organiz-

ing relationships and concepts, outlining, and writing papers. Use shorter "spaced" time intervals for memorization, review, and self-testing. Use odd moments for recall/review.

6. If you get tired or bored, switch activity, subject, or environment. Stop studying when you are no longer being productive.

7. Do memory tasks and review (especially over details) just before you fall asleep.

8. Study with a friend. Compare notes and quiz each other over predicted test questions.

<http://unc.edu/depts/ucc/TenTraps.html>.

Poetry Corner



For those of you who like to sip on a hot cup of java and ponder intellectual insights, *The Poetry Corner* is dedicated to you. These poems were written by Cowley students and staff. This is the first time *The Pulse* has compiled a poetry page, but we would like to do it again. If you have a poem you would like to submit to be published next semester, send it to editor@cowleycollege.com or bring it to the basement of Galle Johnson Hall.

Untitled

I only want to touch you –
Run my fingers through your hair
To watch you breathing slow
And captivate you with my stare
I want you to
Be taken with me
To watch for any move I make
To sleep and dream and see me
With every breath you take
I want to feel you touch me
When the wind blows through my hair
To feel you whisper things to me
And see you everywhere
I want to see your eyes at night
When you need to sleep
To see them half-closed and heavy
And hear your voice go deep
I want to walk with you in the rain
And dance to the loud nothing sounds
To share my fears with you- and pains
When no one is around
I only want to touch you
I only want to see
To hear and smell and taste
The things
That are beyond my reach.

-----Teeza McCarty

Happiness

Happiness is gazing at a placid blue sky,
While exhaling a stress-relieving sigh.

Happiness is the solitude of a trickling stream,
While lying under the stars in a dream.

Happiness is the thrill of a kiss in the mid afternoon,
While surviving the anticipation of the next one coming soon.

Happiness is the comfort you feel,
While taking a horseback ride over the lush green hill.

Happiness is smiles and laughter,
Followed by goals and dreams many years after.

Happiness is something everyone needs.

-----Erica Schmidt

FREEDOM

United we stand through the tears and the pain
Our nation will never again be the same
Although they thought we'd accept defeat
We came together and as one we will beat
Those who oppose all we've fought to gain
They thought we'd fall but still we remain.

No matter how they try they can't tear us apart
We may all be different but we share the same heart
We have faith we have courage and most importantly pride
They've started the war, unlike them we won't hide.
Throughout our great nation, our hope stays alive
And here at Cowley our pride will survive.

----Yvonne Hillman
Rochelle Bohannon



The Stage

The lights come up, and we start
Like a falcon, the music soars
Echoing in the back of the auditorium.
The crowd begins to roar
As they recognize their favorite song.

We enter the chorus
And the crowd cheers
As the solo rings out
The audience dances with air guitars.
When we play the outro
They surge to their feet.

Our life on stage
Has no match on earth
And no force in the world
Could turn me from it.

-----Mike Dykes



Longing for Isabella

Chestnut hair with auburn curl
Louis L'Amour get me next to that girl! *
Dainty white lace over Helen's lower half
Quick to smile, easy to laugh
Daring, dominant, divine
Oh, Isabella! That you were mine

Watching the Bard, acting the same
You hold my heart as I hold your frame
From heaven to hell my emotions go:
Your gaze is fixed upon the fair Claudio.
My fingers long to touch,
My eyes look too much...

But what they do not see

Is you next to me.

-----Matt F. Van Boening

* my apologies to Jimmy Buffet

The Power of Love

When the world becomes too much
And nothing makes sense
I close my eyes and imagine your face
And it's as though
You are next to me
Wiping away my tears
Calming my fears.

You've touched me in a way
I thought no one could
Breaking down a wall
Made of steel
Moving mountains with this power
The power of love.

When we are together
My world seems complete
I forget all my problems
And lose myself in your arms
I can feel your breath against my skin
As you whisper words into my ear
I can't believe how close we are
And I find myself yearning for more.

You've touched me in a way
I thought no one could
Breaking down a wall
Made of steel
Moving mountains with this power
The power of love.

When I listen to my heart beat next to yours
I realize the true strength of this power
That has allowed me to open my heart
Pushing the mountains aside
To the possibility of love.

-----Amanda Hays



By Weston Almond and Trishel Riggs

Final Record: 21-20-3.

Finished fourth in the Jayhawk Conference East Division.

Honors: Megan Houk and Natalie Wheaton both earned first-team all-conference. Karissa Thomas received second-team all-conference, and Kassie Hargrove earned honorable mention all-conference.

Coach's Season Reflection: "It feels good to have a season under my belt. Overall, we had a great season. It was a great learning experience for the girls and me. We have a lot to work on to get ready for next season," said first-year coach Joanna Howell, who is a former Cowley player.

Player Quote: Sophomore Megan Houk said, "Throughout the season we became stronger as a team. Toward the end, we knew how everyone played and what to expect from each individual."

Season Highlights: Finished second at their home tournament on September 14 and 15.

Freshman Shelby Bruey sets the ball as her teammates Amanda Warkentine, Megan Houk and Natalie Wheaton prepare to help. (photo by Helen Barrett)



Golf



Jeff Lunsford practices blasting out of a sand trap. (photo by Sean Roark)

Fall results: Cowley is seventh overall in the Jayhawk Conference standings for the fall season. At the last fall tournament hosted by Barton County Oct. 22-23, the Tigers had two top-10 finishers – Louie Girardi and Chris King.

Honors: Cowley has three players in the top 20 of the Jayhawk Conference for the fall season. Nathan Coats is in ninth. Louie Girardi is 11th on the list, and finally Chris King came in at the 20th position.

Player Quote: "I feel we are still progressing but haven't quite reached our full potential," said Jeff Lunsford.

Cross Country



By Weston Almond and Trishel Riggs

MEN

Final Record: Finished 12th at the national meet in Michigan

Honors: Kevin McDougal received All Conference and All Regional awards

Runner Quote: Freshman Kevin McDougal said, "We did well even with all the adversity for a first year program. It gives up something to build on next year."

Season Highlights: Brought home fourth place from El Dorado Oct. 29 in the Region VI championship. Among Jayhawk Conference opponents, the men placed third.

Bobby Goodman, Chris Schuetz, and Travis Blackburn practice at Paris Park. (photo by Janet Eastman)

This was the first year in action for Cowley's men's and women's cross country teams. Coaching both teams is Casey Belknap. "For a first year program, we have definitely done some things that we can build upon. The number one goal for the year was to lay a strong foundation, and with an 11th and 12th place finish in the country, I think we've done that," Belknap said.

WOMEN

Final Record: Finished 11th at the national meet in Michigan

Honors: Dijana Kojic received All Conference and All Regional awards

Runner Quote: Freshman Niki Lee said, "What can I say? We're the bomb. It ain't braggin' if you can do it."

Season Highlights: Brought home fourth place from El Dorado Oct. 29 in the Region VI championship. Among Jayhawk Conference opponents, the women placed fourth.

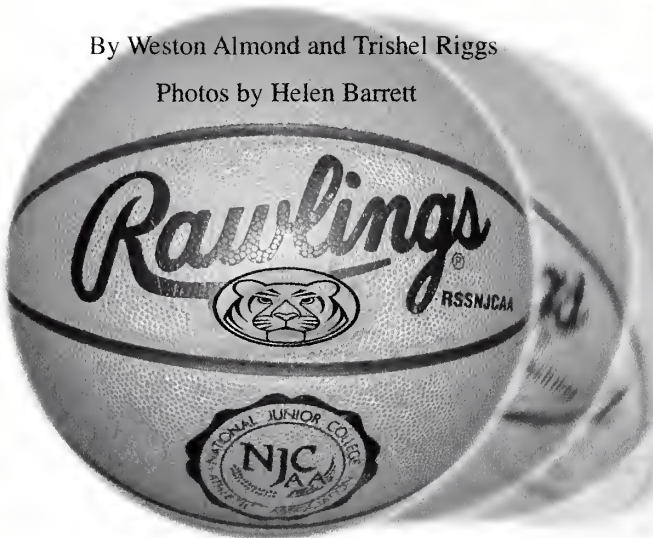


Freshman Kristin Watson runs her way to nationals. (photo by Heather Benoit)

Cowley Hoops

By Weston Almond and Trishel Riggs

Photos by Helen Barrett



Both basketball teams started off the season with lofty goals. In the pre-season, the women were ranked 22nd in the nation, and among area coaches were ranked second in the Jayhawk Conference East Division. The men were also picked second in the Jayhawk East.

With a new group of guys and a new coach, obviously this year's men's basketball team will be a little different. "What people have to understand is we're doing good. We're taking a different approach," said head men's basketball coach Randy Smithson. "I think this team is a late bloomer, but we can learn what it's going to take to win the championship. The games we've lost could have been won if we just come together and learn how to think we're a good team. It will come together. It takes time." Smithson previously coached at Butler County and Wichita State University. He led Butler to two NJCAA runner-up finishes.

Sophomore Seth Elliott also has a few words on this year's team: "I think this year is a lot better because we're more disciplined as a team. I also like how we have a more competitive conference schedule. Come conference time we will definitely be ready for any obstacles that come this season."

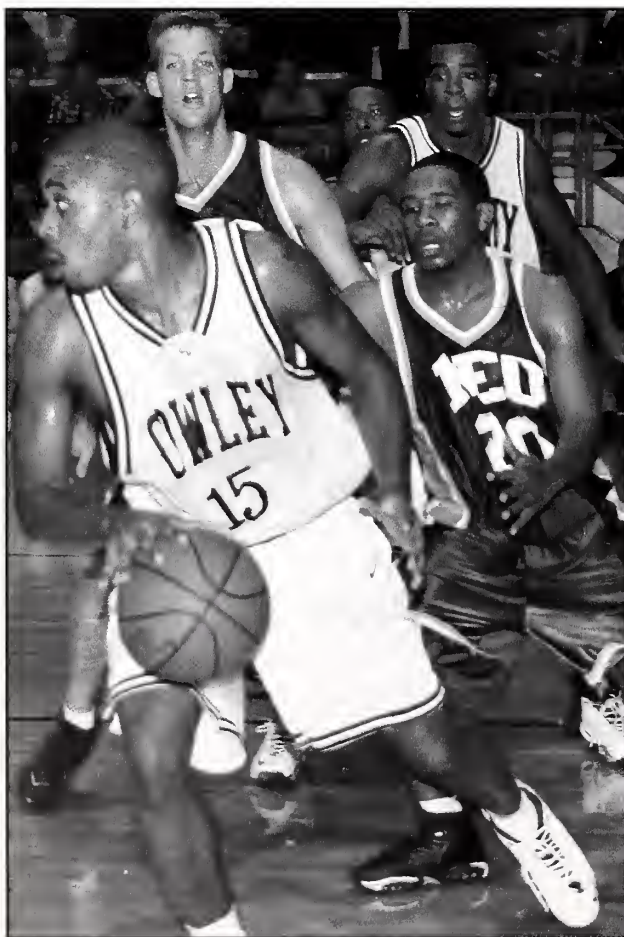
Everyone seems to have a good opinion of what the women's team has going this year. "This year's group is older, more experienced than last year's girls," said assistant coach Matt Cole.

The *PULSE* asked some of the returning sophomores what they thought was better about this year compared to last year. "I believe this year we have more athleticism, height, and depth," said April Banks.

"I like how we all get along and were all friends," said Chelsea Stancoff.

Aubrie Hallman gives her opinion from a freshman's point of view. "I look up to the sophomores they taught me a lot," she said.

"The biggest thing is getting everything together this semester for the beginning of the Conference in January," said Athletic Director Tom Saia.



Gary Jackson keeps his guard up while he dribbles down the court.



Chelsea Stancoff keeps a tight grip on the ball as she looks for an open teammate.

A scream in the dark, something lurking in the shadows and all you know is that things just aren't right. Is it a dream, a nightmare? No, you pathetic soul, you've just stumbled into..

DOCTOR MADCAP'S MIDNIGHT MIDWAY

The legend of Dr. Madcap tells us that he once held freak shows in New Orleans, where he displayed some of the most horrific creatures imaginable. He was eventually run out of town and his sideshow shut down.

No one really knows exactly what happened to the good doctor, but every Halloween haunted houses try to recreate his hellish sideshows. In October, Doctor Madcap's Midnight Midway premiered as an annual fundraiser for the Service Learning Center (SLC) of Cowley College and the Future Farmers of America (FFA) of Ark City High School. Madcap's proceeds went to benefit Habitat for Humanities.

Middle top: Even the Grim Reaper himself attended the festivities.

Bottom Left: Lora Jarvis at the ticket window answered one question about the haunted house for each visitor.



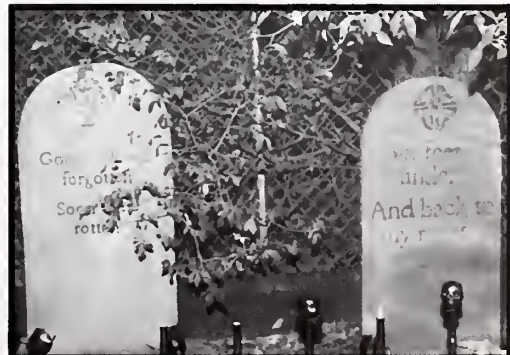
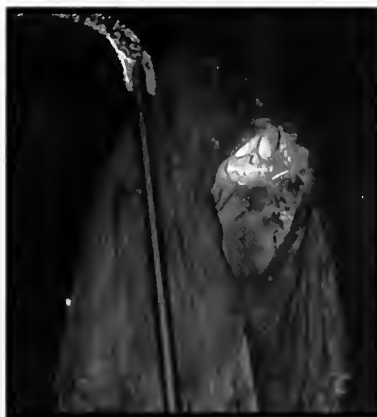
This year's Midnight Midway was sensational. Dr. Madcap himself said, "It was so scary that it had three different women wetting their pants."

Were you brave enough to make it through the long dark walk to the ticket window? Did you find your way through the maze with its spooky fog and creepy sounds? Were you able to witness the man that gave birth to the chicken, (or was it a pineapple?) If so, then you survived Dr. Madcap's Midnight Midway. If not, then you were probably one of the ones chased away by Madcap's roaring chainsaw, screaming as you disappeared into the night.

photos by Geneva Benton

Middle bottom: Halloween is the night for the dead to arise, and this mummy is no exception.

Bottom right: What Halloween is complete without a graveyard?



Arkalah Carries American Pride



Traveling on horseback, the Shriners show their American pride in the Saturday parade. (photo by Helen Barrett)



Arkalah originated in 1928 when citizens of Ark City were unnerved with young hoodlums tipping over outhouses and cutting garden hoses. Clyde Boggs, John Floyd, and Pat Somerfield came up with an idea for a fall festival, while Mrs. J.W. Moore combined the first syllable of Arkansas City (Ark) and "alah," the Indian word for good times, for the festival name.

The Arkalah turnout has grown since the first annual festival held in 1928. Today there are not any outhouses to tip over; however, the streets downtown are lined with port-a-potties.

This year's theme, "Celebrating America Under the Big Top," reflected that growth on Oct. 24-27. The all-you-can-ride carnival night kicked off the festivities on Wednesday, Oct. 24. The Ferris Wheel and the carousel were the tame rides, while the Yo-Yo and the Sizzler were for the more courageous carnival-goers, including many dorm students.

Arkalah's main festival ground was set up along Summit Street on Washington Avenue,

Fifth Avenue, and Central Avenue. The concession area provided never-ending food possibilities, from funnel cakes and cheesecake, to pork burgers and roasted corn.

The 70th Annual Coronation ceremony opened Friday, Oct. 26, in W.S. Scott Auditorium with Ringmaster Nick Rodgers in center ring (the stage). The sophomore candidates had been previously selected as finalists from ballots cast by college students and staff. The Queen Alalah candidates were Amber Anstine, Maggie Campbell, Megan Houk, Chantal Sanders, and Kristy Ventle.

The candidates' interview question was, "What does freedom mean to you?" Following the ceremony, the voting commenced and those who attended elected Maggie Campbell, an elementary education major from Cedar Vale, as Queen Alalah.

The Annual Big Parade followed the circus theme as well. The floats had various ties to the circus theme and the Sept. 11 events.



Maggie Campbell is crowned the new Queen Alalah. (photo by Helen Barrett)



Clockwise from Top Left:

At Saturday's Big Band Dance, Jazz Band musician Matt Hendershot breaks out a solo. (photo by Helen Barrett)

Carnival rides were a big part in Arkalalah and lit up the campus area at night. (photo by Jesse Hibarger)

A carnival worker attracts customers on his trike. (photo by Amanda Hays)

The Danceline performs "Because We Can" at the coronation ceremony. (photo by Helen Barrett)

The Arkalalah queen candidates ride their float during the night parade. (photo by Jesse Hibarger)





The Concert Choir sings backup while Shausha Lee nails the solo on "O Happy Day" at the fall concert in the Brown Center Theatre.

Taste of Music

The Cowley Music Department caters
to all ears on campus

by Helen Barrett and Michelle Tapia

Photos by Helen Barrett

From birth we are bombarded with music – first to lull us to sleep and later to teach us the alphabet. Later we discover our own interest in music and some of us develop skills as musicians. Some who have a real love for it perform music for as long as possible.

These lifelong musicians here at Cowley performed their first concert on Oct. 21 in the Brown Center.

The Concert Band, directed by Gary Gackstatter, surprised the audience with a moving selection. They first played "The Star Spangled Banner" accompanied by the Concert Choir in the audience.

Gackstatter said that this used to be a traditional opening at many concerts. The finale also had an interesting twist. "Voodoo," composed by Daniel Bukvich, was performed in total darkness. Both the house lights and stage lights were turned

out, with the exception of a few blue lights on stage and two green lights that projected a leaf image on the walls of the auditorium. After the piece really started moving, flashing lights were added to accompany selected instruments.

"I think the whole thing flowed well. We pulled together and rocked," said sophomore Mike Dykes. "A lot of time and effort went into it and I think we put Gary through more than we should have."

Vocal Director Connie Wedel and the Concert Choir then took the stage, performing a variety of religious songs. They started off strong with "Cry Out and Shout" before moving to a few slower songs, one in Spanish and one in Italian. Near the end, Shausha Lee took center stage to sing the solo of the gospel song "O Happy Day." Wedel said she knew she had to do this song when she came across

it over the summer.

The grand finale was "O Beautiful," arranged by Gackstatter himself. On stage with the choir were Tracy Keraly on cello, Billy Bearden on keyboard, Elizabeth Reynolds on flute, Steve Butler on piano, and Gackstatter on bass.

Both the instrumental and vocal music departments have a flashier side to them as well. The only difference is size. The Jazz Band is a smaller version of the concert band that only performs jazz-styled and rock music. This semester they have spent some time on the Big Band Era of music, and, keeping with the theme, they sponsored a Big Band Dance for Arkalalah on Oct. 27.

The CC Singers are a group of 16 select choir members. They first performed on Oct. 26 for the 70th Arkalalah Coronation.



Trumpets swinging most of the night, the Cowley Jazz Band plays the Big Band Dance at the close of Arkalalah. (left)



Mike Dykes jazzes things up on his saxophone during a solo. (right)

Starving for musical inspiration?

Cowley music instructors and students provide food for musical thought.

Steve Butler, piano and theory director, listens to the new Michael W. Smith Worship CD and "Corridors" by John Elefante.

Gary Gackstatter, instrumental director, listens to Joni Mitchell's "Hejira."

Connie Wedel, vocal director, listens to the styles of Bruce Hornsby, Janet Jackson, and Don Henley. When she really wants to mellow out, she listens to Vince Gill.

Carthon Diggs, a sophomore member of CC Singers, listens to Barry White, Luther Vandross, and Gerald Levert.

Melodie West, a freshman in the Concert Choir, listens to Jim Brickman.

David Lovell, a Jazz Band sophomore, listens to "The Greatest Story Ever Told" by Five Iron Frenzy.

Carrisa Guinty, a Concert Band freshman, listens to Techno to get energized.



The CC Singers perform "Bohemian Rhapsody" at the 70th annual Arkalalah Coronation.



Gary Gackstatter directs an inspiring and unusual performance by the Concert Band and Concert Choir Oct. 21. Don't worry about the empty chairs — those guys were up in the balcony playing along.

Fall Musical
Nov. 1-3, 2001
Brown Center
Theater

photos by Emily Gurnsey

BIG RIVER

Cast retells the story of Huck Finn through music and choreography.

Page by Jordyn Rice and Amber Galloway

For those who have never read Mark Twain's novel *The Adventures of Huckleberry Finn*, the 2001 musical helped familiarize them with an American classic. It was also helpful to those who are familiar with the story by bringing it to life on stage. Like Mark Twain's novel, laughter, tears, and friendship were all portrayed in the college's fall musical, *Big River: The Adventures of Huckleberry Finn*. This was a heart-warming story that put true friendship to the test and had the audience on the edge of their seats the entire way through.

This year's cast consisted of 18 women and 16 men, each portraying their characters vividly. Isaac Hoskins played the role of Huck Finn, who was trying to help his friend Jim (Carthon Diggs), a black slave, escape to freedom by traveling down the Mississippi River. There were many hilarious and sorrowful encounters along the way and the exquisite voices of the characters were enough to send chills up a listener's spine. When asked about the musical, Hoskins said, "*Big River* was a lot of fun and a great opportunity for me."

The fantastic show proved how much hard work and effort the cast members, directors, and stage crew put into it. After surviving hundreds of long hours in rehearsal, culminating in only three evening performances, cast member Matt Broderick said, "I must say it seems to have ended rather quickly; however, I think everyone was ready for it to be over."



Top to Bottom: The Duke (Matt Broderick) and the Dauphin (Mike Brock) come up with another scam; Tom Sawyer and his gang sing "We are the Boys"; Tom reveals to Jim and Huck that Jim has been set free by Widow Douglas.



Left to right beginning at top: Jim (Carthon Diggs) and Huck (Isaac Hoskins) sing "River in the Rain"; Huck gets a scolding from the townsfolk; a drunken Pap (Dan Renard) gripes about the "guv'ment"; the dauphin and the young fool (Blake Stites) take a bow in Arkansas; Mary Jane (right, Courtney Baker) and her sisters mourn the death of their father; the slaves sing a song for freedom.

No Studying Involved

Thursday night = FUN. Friday morning = PUNISHMENT!

by Michelle Tapia &
Yvonne Hillman



Cowley girls get down at The Hideout, where many students go to meet new people and forget the stress of college. (Photo by Geneva Benton)

It's 10 p.m. on a Thursday night, and that inevitable question runs through many young students' minds: "What am I going to do tonight?"

If they're looking for a place to hang out with friends and meet new people, the places to be this year are *The Hideout* in Newkirk and *Acapulco Joe's* in Wichita. Even better, Thursday nights are designated College Nights at both clubs. For those who like to dance the night away, here's a little information on each place to help you pick which club you'd prefer.

If you decide to go to *The Hideout*, you'll most likely run into several familiar faces from Cowley. With popular dance music and pool tables, it's a popular spot for students. The excitement begins around 11 p.m. when everyone starts to arrive. It's 18 to enter 21 to drink, unless of course, you're brave enough to flash a fake ID. Counterfeit ID's don't come highly recommended, however; with the penalties for getting caught

outweighing the fun of using it.

If you're willing to drive the hour and a half it takes to get there, *Acapulco Joe's* is the second most popular club for Cowley students. There, you get a chance to meet people not only from Cowley, but from Wichita and surrounding areas as well. Get there early, though; otherwise, the wait in line will be longer than your time spent inside. The best time to arrive is around 9:30 p.m. The music's upbeat and there's a game room available, although most of the people prefer to spend their time on the dance floor. One catch: there is a dress code. No baggy pants, no exposed body parts, and sandals aren't highly recommended.

The excitement does not wind down until around 2 a.m., but leaving early is suggested for students who have an 8 a.m. class on Friday morning. Although clubs aren't for everyone, they offer that magical phrase for all: NO STUDYING INVOLVED.



Sarah Stevens has a good time at The Hideout with Blake Reed. (Photo by Geneva Benton)



Kacie Kennedy, Amber Payne, Sarah Kennedy, Cassie Alexander, and Kelli Teague get ready to go clubbing on a Thursday night. (Courtesy photo)



Taking a break from the dance floor, Shausha Lee tries to help Travis Griffin with his pool shooting form. (Photo by Geneva Benton)

We Be Clubbin'

The Pulse informally surveyed several students on what they do to get ready to go clubbing.

About how long does it take you to prepare for a night on the town?

Less than half an hour	4%
About an hour	57%
An hour 1/2 to 2 hours	35%
More than 2 hours	4%

Around what time do you return home?

By Midnight	9%
By 2 a.m.	48%
By 4 p.m.	22%
After the sun comes up	21%

How do you prefer to go clubbing?

By yourself	9%
With a boyfriend/girlfriend	13%
In a group	78%

With all the recent MIC and MIP convictions around Ark City, many Cowley students are committing the ultimate...



By Jesse Hibarger and Weston Almond

... that's what you say when somebody spills a beer, pukes on the couch, or gets busted!

Most students seem to think that drinking is a part of college life, they associate drinking with social status. This is why underage drinking is increasing every year in the United States, and it is also why the state legislature and local police have increased the fines for MIC's (Minor In Consumption) and MIP's (Minor In Possession).

This year the fines are at a minimum of \$200, and a maximum of \$500, and this does not count the attorney or court costs, which can be up to \$1,000. Along with that, licenses will be suspended for 30 days.

"The judge will decide on the actual fee paid. The state just sets the guidelines for them," said Ark City Police Chief Dan Givens. The police also fine people 21 or older who are found drinking with minors, and they have to pay a fee of \$342.

Why do college students drink? What influences some-





body to take part in a binge? Most binge drinkers say that they simply drink to get drunk. Also, most binge drinkers drink because of the culture of alcohol consumption on campus, peer pressure and academic stress. But students should remember this before they go on their next binge: frequent binge drinkers are 21 more times likely to miss class, fall behind in school work, and get into trouble with police.

Many students on campus have been caught. One in particular, Scott Shaffer, said "It wasn't worth it because of all the court costs and probational consequences."

Students need to be cautious about the police patrolling the southern entrances to Ark City, especially on Thursday nights. Ark City Police say that they can give you an M.I.C. even if they pull you over for a broken taillight. In other words, you are never immune from getting busted or committing a party foul.

SOURCES:

- *Arkansas City Police Department
- *cspinet.org
- *boozenews.com
- *student.potsdam.edu

BEER FACTS

■ **Underage drinking remains the number one drug problem among youth.** About 10.5 million Americans between the ages of 12-20 had at least one drink in the last month. Nearly half of those were binge drinkers, meaning they consumed five or more drinks in a row.

■ One study estimates the total economic cost of alcohol use by underage drinkers in America amounts to **nearly \$53 billion a year.**

■ **96 percent of adults are concerned** about the problem of teenage drinking.

■ **84 percent of adults oppose lowering the minimum drinking age** from 21 to 19.

■ **61 percent of adults favor a law that would ban all advertisements of beer and wine on television.**

Mr. Blue

Flashbacks

Bohemian Rhapsody

Photos by Rochelle Bohannon
& Kacie Kennedy

Writing & design by Helen Barrett
& Trishel Riggs

The event of the fall semester that sophomores and faculty/staff members eagerly anticipate and most freshmen are clueless about took place on Sept. 20. The annual lip-syn contest, better known as "Puttin' on the

Hits," is sponsored by Act One, the campus theater club. The annual contest is supposed to be friendly competition, although some take it more seriously than others.

"Puttin' on the Hits" is open to all students, clubs and faculty/staff on campus. Although preparation time is limited, many acts spend several hours preparing for the show. Each

student act has hopes of placing first with the \$50 prize. The faculty groups compete for the traveling trophy, which is new this year thanks to Gary Kahl, a local sculptor, and Tom Berding, a college instructor.

The talent of the show brought appearances from 1) Sesame Street characters thanks to

the Natural Science Department; 2) the Jacksons via Shausha Lee, Teeza McCarty and Dan Renard; and 3) a blue guy resembling the 1980's cartoon "The Smurfs" thanks to Blake Stites' performance of "Mr. Blue" by Garth Brooks. As part of the non-judged acts, Cowley President Dr. Pat McAtee danced and sang to "You Ain't Woman Enough to Take My Man" from "Coal Miner's Daughter," while the Coaches Kids entertained the audience with "Pop" by NSYNC.

To end the show the winners were called up on stage to accept their awards. The CC Singers came in fourth with "Bohemian Rhapsody," earning them \$10. The Jackson Three got third and a \$20 prize. Blake Stites wasn't blue with his second-place finish and \$30 prize. The \$50 and first place was snatched by the Tigerette Danceline for their "Medley of the Decades."

Competing for the new traveling trophy, the Coaches wiped out the competition with Fat Boys' "Wipe Out." Humanities sang their hearts with "Beauty School Dropout," earning them second place and a plaque. The Natural Sciences Department swept up the third-place plaque with "Oscar's Junkyard Band." To wrap up the evening the Student Ambassadors led the audience in singing "God Bless the U.S.A." by Lee Greenwood in respect of the events on Sept. 11.

Blake Stites is
"Mr. Blue."

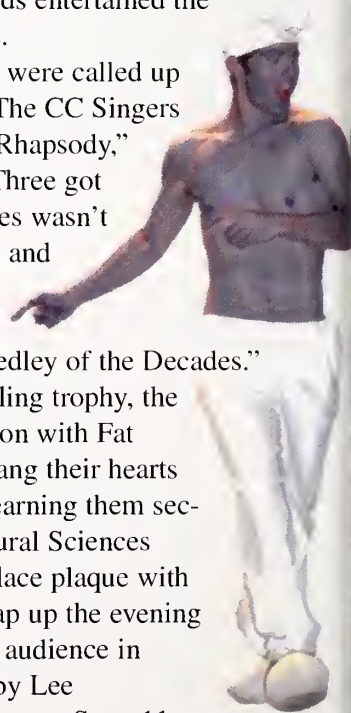
Beauty School Dropout

Jackson Three

Fat Boys



Marcia Cales and Michelle Schoon
play in Oscar's Junkyard Band.





Smooth Criminal **Stayin' Alive**

Top: "The Flashbacks" (Danceline) danced to a 60's beat.

Left: Women's assistant coach Matt Cole and some beach girls had fun in the sun as the coaches danced around to "Wipe Out."

Bottom Left: Trecha Kennedy and the Cowley women's basketball team got funky to "Ladies Night."

Bottom Right: The Student Ambassadors end the night with a patriotic song regarding the Sept. 11 incident.

Wipe Out



Karaoke IN THE JUNGLE

Story & Photos by Tim Just

In The Jungle it was another night of steady rockin' beats as B.J.'s D.J. and Karaoke Service set up to raise the roof, y'all. The crowd was already piling up as people watched B.J. set up his speaker stacks and plug in the microphones to get ready to make some noise.

On a typical karaoke night, it was hard to pick a highlight or a best participant. There were so many students performing so many songs, it was almost like a mini concert. Shausha Lee did "Killing Me Softly." Sophomore Trisha Greer gave her review by saying, "It was the BOMB!"

Later in the night the song was played again, this time by accident. As DeAndre Chandler and Steven Hurst crept to the mic, they expected to hear K-Ci & JoJo's "All My Life." Instead, they treated the crowd to a hilarious falsetto version of the song with Chandler doing his, uh, best impersonation. "The song came up and I just thought, well, might as well get silly with it," Chandler said.

The songs that people chose were diverse, ranging from rhythm & blues, country, rock, and current pop favorites. Jen Buechter did Reba McEntyre's "Why Haven't I Heard From You?" She said, "It's a song that I can really push to the audience, that I can really connect with."

Then a rowdy bunch of guys got up and sang The Offspring's "Pretty Fly For A White Guy." As the night progressed Jake Moss let us all know that he likes his women "Just a Little On The Trashy Side."

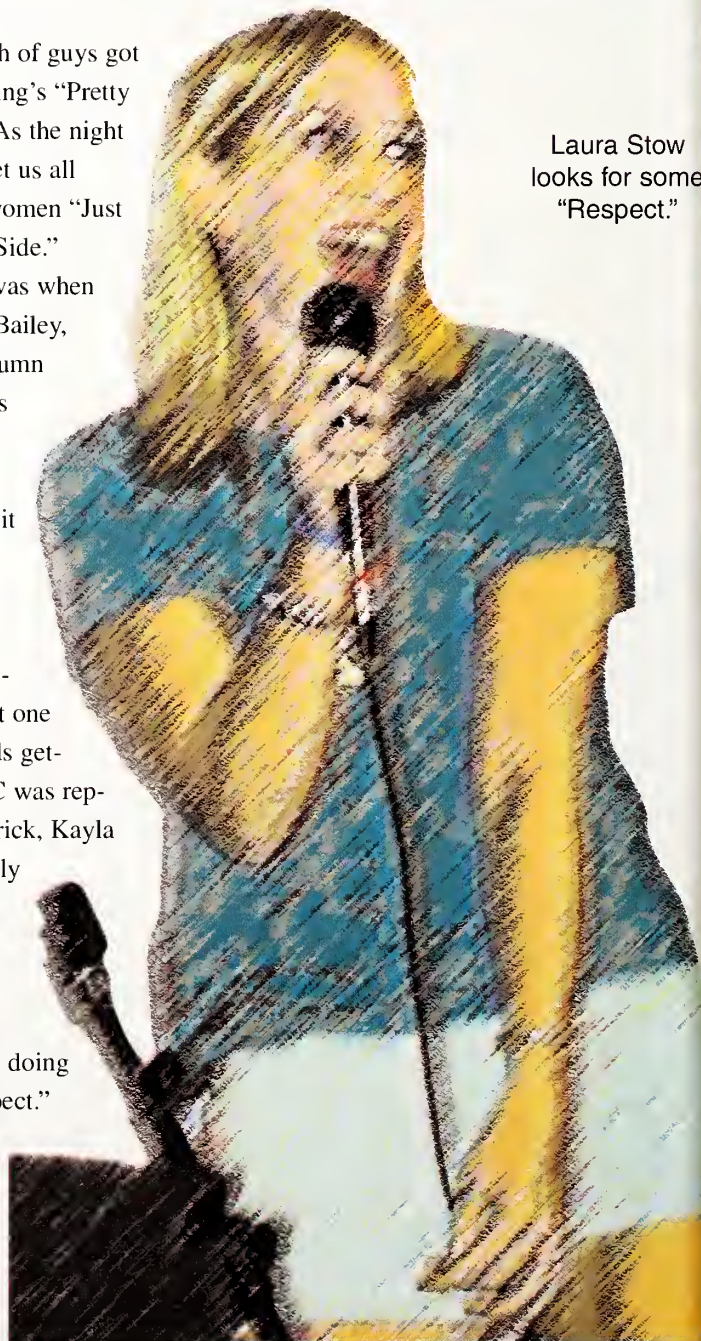
Another highlight was when Chanell Jackson, April Bailey, Crystal Ashley, and Autumn Nichols performed 702's "Where My Girls At?" Hands waving, bodies shaking, they really put it on (*see bottom middle photo on the opposite page*).

And no karaoke session is complete without one of the beloved boy-bands gettin' some show. NSYNC was represented by Matt Broderick, Kayla Knight, and Kristin Dealy doing "Bye Bye Bye."

The evening even had a little soul with Sarah Stevens, Rachel Yunker, and Laura Stow doing Aretha Franklin's "Respect."

So does karaoke rule at Cowley? You be the judge.

Laura Stow
looks for some
"Respect."





Jake Moss



Steven Hurst

DeAndre Chandler



Jen Buechter



Shausha Lee



Matthew Broderick

Dustin Standridge

Blake Reed

Carthon Digg



Kayla Knight

Kristin Dealy



Laura Stow

Rachel Yunker

Sarah Stevens

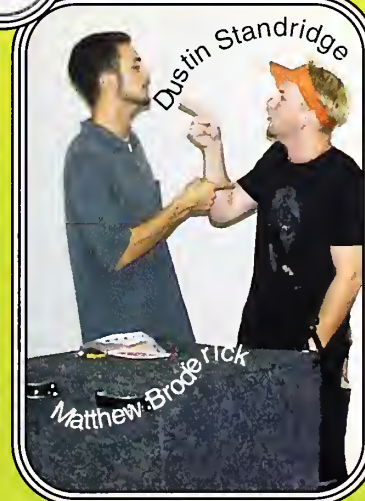


Autumn Nichols

April Banks

Crystal Ashley

Chanell Jackson



Dustin Standridge

Matthew Broderick

Who's your favorite – Britney or Christina? One thing's for sure, you all have an opinion on music. Best, worst, laziest, craziest...We asked some questions and found out about the most popular music on the Cowley campus.

Fav Male Singer/Group

Michael Jackson

Fav Music Magazine

Source / Spin

Best Pump-up Music

Hip Hop / Techno

Fav Female Group/Singer

Jill Scott / Shania Twain

Fav Radio Station

102.5 / 93.9

Best Music To Chill To

R & B / Jazz

Fav Song To Karaoke

"Baby Got Back"
(Word!)

Worst Song To Karaoke

"YMCA"
Anything By EMINEM

Worst Spelling of Karaoke

Carry-Okie!

Are You a Cowley Tiger or a Cowley Kitten?

Take this quiz to find out.

1. Which member of the Cowley faculty appears to enjoy dressing in women's clothing?

- A. Gary Gackstatter
- B. Frank Arnold
- C. Scatt Haywaad
- D. Dave Bastwick

2. Can you name the instructor who is most likely to give a quiz on Fridays?

- A. Denise Beach
- B. Frank Arnold
- C. Dave Bastwick
- D. Scatt Haywaad

3. How do you get a good parking place at Cowley?

- A. Live in your car and wait until the middle of the night.
- B. Get to the campus early and drive around for 15 minutes.
- C. Look for a car with unlacked daars, hat-wire it and move it way down the street.
- D. Just give up! They're all taken, so put on your running shaes and get ready for a good warkaut.

4. Where is the best place to find the Cowley Survival Guide (besides this magazine)?

- A. Admissians Office
- B. Brawn Center
- C. Baakstore
- D. Library

5. What animals lived in the Kirke Dale Darms:

- A. Cats
- B. Birds
- C. Bats
- D. Cowley Tigers

6. What group won the first place trophy (again) in the faculty division at Puttin' On the Hits?

- A. Humanities Department
- B. the Coaches
- C. the Natural Science Department

7. Wha lives in the new dorms?

- A. guys
- B. gals
- C. bath

8. Ta be a full-time student at Cowley, how many hours must you be enralled in?

- A. 10
- B. 12
- C. 14
- D. 16

9. How many basketball players does it take to win a game?

- A. Five, enough to fill the floor.
- B. All plus the cheerleaders and Danceline; they're a matched set.
- C. Everyone including the fans to cheer them an.



In addition to the faculty member who is the correct answer to number 1, Cowley President Dr. Pat McAtee also likes to dress up for the students as he proved at this year's Puttin' On The Hits.

ANSWERS
1. C
2. B
3. B
4. D
5. C
6. B
7. B
8. B
9. B or C

Tally your points here; each correct answer equals 1 point.

7-9 You're a Cowley Tiger. You know absolutely everything you ever wanted to know about Cowley and some things you didn't want to know.

4-6 You're a Cowley Kitten. You know what's happening, but you still have a life of your own.

0-3 What planet are you from? Get in touch with what's happening at Cowley.

The PULSE

Staff

The staff this year decided on the theme of Survivor, which was also the theme of Orientation. The staff is mainly composed of freshmen; in fact, nine out of 12 staff members are freshmen. So the editors this year have their hands full helping with stories and layouts. Whenever we couldn't get our work done we would have work nights, which involved survival of the fittest. It was a miracle that nobody was killed reaching for the last slice of pizza.



Clockwise from bottom: Rochelle Bohannon, co-editor Trishel Riggs, Helen Barrett, Weston Almond, Jesse Hibarger, Jordyn Rice, co-editor Amanda Hays, Michelle Tapia, Amber Galloway, Yvonne Hillman, and co-editor Erica Schmidt. Not pictured: Tim Just. (No staff members were seriously injured in the staging of this picture.)





The PULSE

Student Magazine Of Cowley College

Food & Fitness

Calder Bonfy
Amphitheater

Frigid
Free Time

Spring 2002



Pages 18-19

Top left photo by Emily Gurnsey
Top right photo by Yvonne Hillman
Center right photo by Helen Barrett
Below: Choir at KMEA in Wichita photo by Helen Barrett

2-3

Fast Food Facts

Does fast food mean fat food?

4-5

Burning the Fat

The Cowley Wellness Center provides good exercise for even the wimpiest of girly men.



Pages 10-11

6-7

Twinkle Twinkle, Little Amphitheater

Learn more about the Calder Bonfy Amphitheater and the special story behind it.

8-9

Ice-Land!

An ice storm hits Ark City and gives students a two-day break.

10-11

On the Road Again

Entertaining more than just on campus, Cowley musicians travel near and far.

12-13

Cheerleading and Danceline

Cheerleaders return with awards from the north as the Danceline travels southeast to compete at nationals.



Pages 22-23

14-17

Sports



For the love of the game.

18-19

All My Sons

Take a look at the Cowley actors on stage, as they perform the World War II drama.

20-21

Turn-ons and Turn-offs

Find out students' opinions on what is romantically appealing and appalling.

The PULSE is published once per semester. It is written and assembled by students of the Cowley College Magazine Production class. The staff is responsible for the content and opinion represented in this publication. The magazine does not reflect the opinions of the college staff and faculty. If you have any questions or comments, please call (620)441-5287, e-mail editor@cowleycollege.com or write faculty adviser Dave Bostwick:

PULSE Magazine
125 S. Second St.
Arkansas City, KS 67005

22-23

Senior-Senior Prom

As the theme suggests, it was "A Night To Remember" for senior citizens and student volunteers.

24-25

Cowley Poetry Society

The poetry page returns.

26-27

Canvas and Computer

Art's past and future come together.

28-29

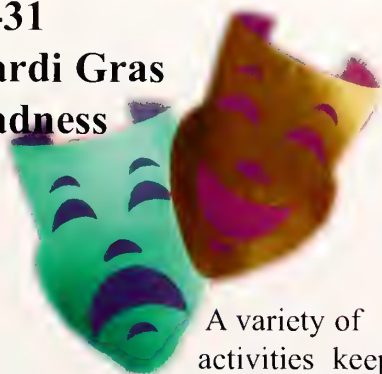
Student Jobs



Dena Jolley hopes her customer-service work helps everyone smile as much as she does.

30-31

Mardi Gras Madness

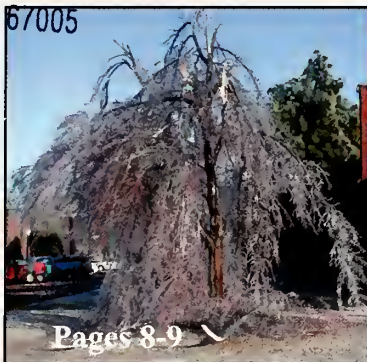


A variety of activities keep students busy during Homecoming.

32

Spring Break Bash

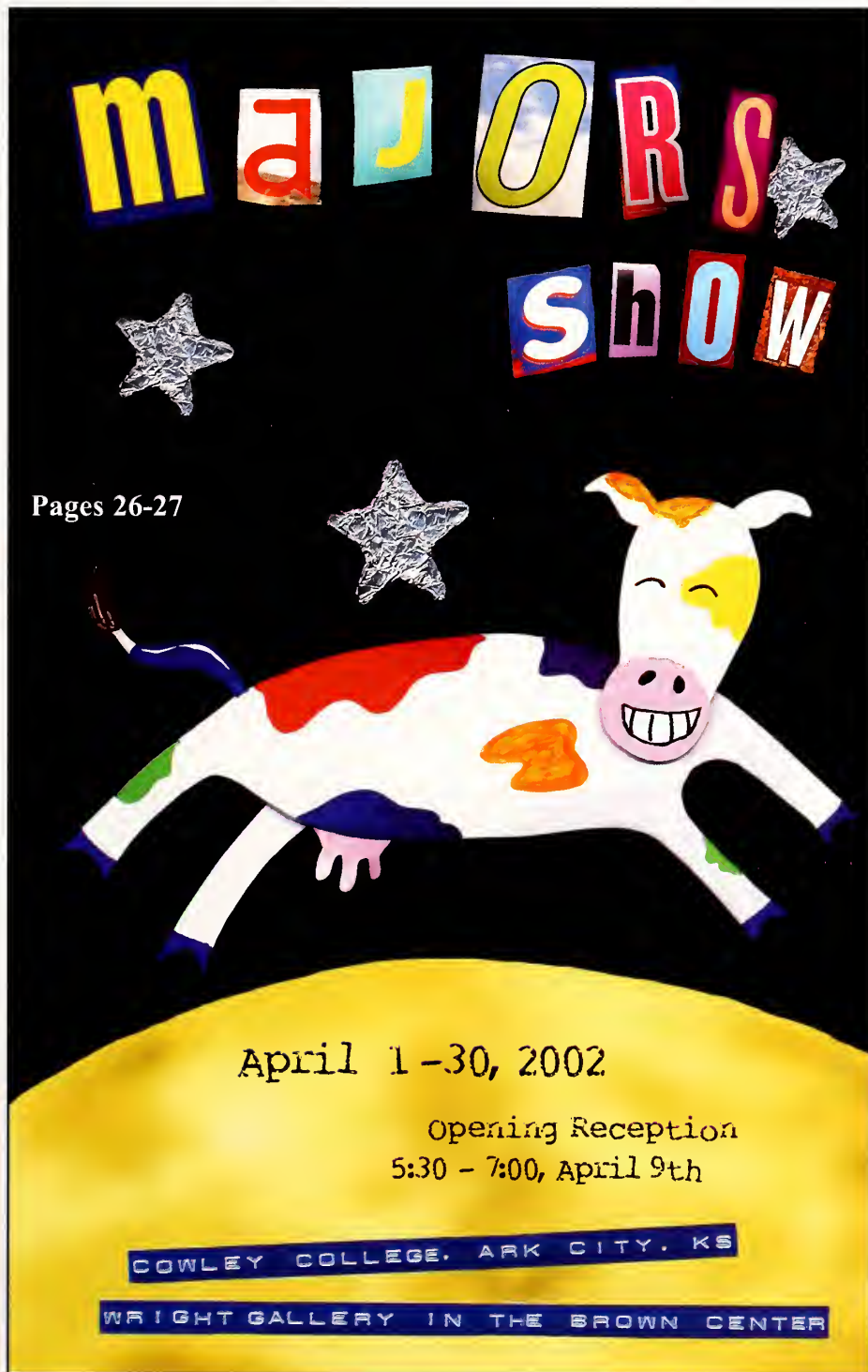
Emphasis on staying safe while having fun highlighted this year's spring break bash.



Cover design, table of contents, and staff page design by Janet Eastman

Left: Tree outside the Jungle after the ice storm.

Below: Tracy Holroyd, a graphic design student, created this poster for the "Art Majors Show" held in April.



Grease on the Go!

The skinny on high-fat junk that sticks to your arteries

design by Amber Galloway
copy by Jordyn Rice

It is 9 p.m., the cafeteria is closed and students do not feel like cooking anything. So are they going to go to Dillon's to pick up nutritious fruits and vegetables? No, these students want the appealing greasy junk that sticks to your arteries, otherwise known as fast food. McDonald's, Wendy's, Sonic, Braum's, and Taco Bell are just a few of the "fat" food places to eat in Arkansas City. Even though many college students do not have the money to eat out all of the time, it seems they can always find enough when they refuse to eat in the cafeteria.

When these people decide to go get a hamburger or a pizza, do they realize how many calories and fat grams they are taking in? Let's take a closer look. The human body's calorie intake for one day is

2,000 calories. If a woman eats a Big Mac value meal from McDonald's, it will put her halfway over her limit for the day. That is something for all women to keep in mind the next time they take a trip to McDonald's. A regular hamburger from McDonald's has 270 calories on its own.

Many people may wonder which fast food restaurants have the most calories in their hamburgers. When *Science Scope* magazine compared grams of fat in fast-food hamburgers, it was found that out of McDonald's, Burger King, Wendy's, and Dairy Queen, the hamburger that had the most calories was at Dairy Queen. Results were as follows:

1. Dairy Queen- 290 calories
2. McDonald's- 270 calories
3. Wendy's- 270 calories
4. Burger King- 260 calories

One of the most popular fast-food restaurants for dorm residents seems to be Pizza Hut. When a student does not feel

like loading up in the car and driving anywhere, what could be better than to call and get a late night delivery. One slice of pepperoni pizza has the same number of calories as a hamburger from McDonald's. Most people do not eat only one slice of pizza, though, so depending on how many slices people eat, they are consuming double or even triple the amount of calories they would if they were eating a hamburger.

Most college students know that they should keep better track of their calories now that they are in a place where fast food seems to become more appealing. Even though they now have a better idea of what they are doing to their bodies each time they consume a slice of pizza or a hamburger, the high-speed, high-calorie world of college life may keep them from taking nutritional action. But for those who do care, these facts may be helpful.

Every year this is what is used
(in millions) to make pizzas:

2.5 hogs

700 lbs. of flour

1.3 heads of cattle

360 lbs. of real cheese

700 lbs. of pepperoni*

525 lbs. of tomatoes

*If you would lay those pepperoni slices side by side they would create a path that would stretch around the world twice and go to the moon.

www.mazzios.com/html/k_facts.htm

www.pizzahut.com/pr_funfactshome.asp





These facts are based on one piece of Pizza Hut pan pizza.

WENDY'S

Classic Single with everything
19g fat
7g saturated fat, 70 mg cholesterol,
920mg sodium, 37g carbohydrates,
25g protein

DAIRY QUEEN

DQ Homestyle Cheeseburger
12g fat
5g saturated fat, 45mg cholesterol,
630mg sodium, 29g carbohydrates,
17g protein

MCDONALD'S

Quarter Pounder with Cheese
30g fat
13g saturated fat, 95mg cholesterol,
1310mg sodium, 38g carbohydrates,
28g protein

SONIC

Number 2 cheeseburger
31g fat
9g saturated fat, 44mg cholesterol,
1111mg sodium, 44g carbohydrates,
18g protein

BURGER KING

Cheeseburger
19g fat
9g saturated fat, 60mg cholesterol,
760mg sodium, 31g carbohydrates,
22g protein

¿Qué es nombre de restaurante?

Is it Taco Bell or Taco Tico?

Can you guess
which foods match
which restaurant?
There are two from
Taco Bell and two
from Taco Tico.

2



3



4

Taco Tico 1 & 4
Taco Bell 2 & 3



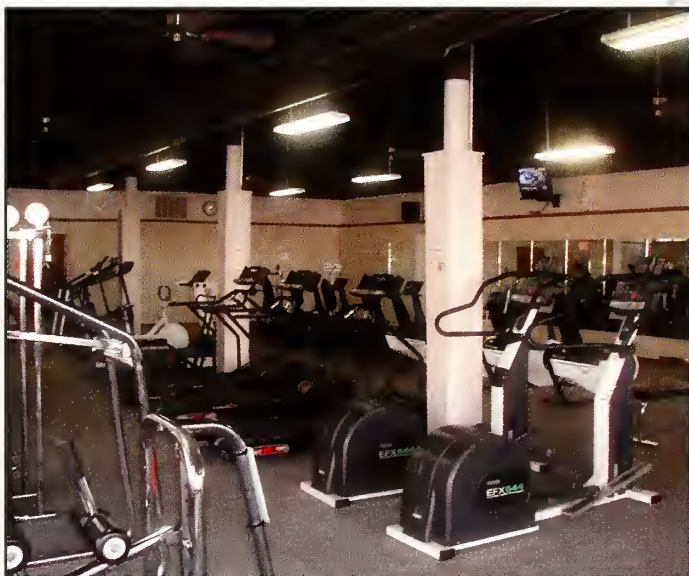
Pulsating

by Weston Almond and Jesse Hibarger

photos by Jesse Hibarger

Workout

Hey there, Mr. Girly Man. Hear me now and believe me later. At the Cowley Wellness Center they will PUMP YOU UP!



Are you near death walking up one or two flights of stairs? Do your lungs collapse every time you run somewhere? If you answered yes to the preceding questions, you may be out of shape. Put down that ice-cream, flabby pants, and go to the Wellness Center to get pumped up.

The Wellness Center includes an aerobic circuit, cardiovascular machines, weight machines, warm-up area, and a full free-weight room. A variety of devices such as an indoor walking track, treadmills, stair-climbers, elliptical cross trainers, and Nordic Track provide the ultimate aerobic workout. The center also includes a Universal Super Circuit training system, which requires whole body activity.

Meghann Lanning gets a good workout from seated rows.



Above: The Wellness Center has many different machines to get a full cardiovascular workout.

Right: Clint Townsend struggles hard to break a sweat.



For students taking Physical Conditioning as a class, they are required to attend an orientation, where their personal exercise program will be developed. The goal of the center is to enhance a student's cardiovascular respiratory endurance, muscle endurance, muscle strength, and flexibility. When students go to the Wellness Center to work out, they are required to log in on a special computer that tracks their total time for the semester. Each student is required to be in the center for a total of 1,500 minutes to receive an "A."

Freshman Stephanie Berry said, "I enjoy working out at the Wellness Center because they offer a wide variety of different equipment to use." Berry's normal workout usually consists of running on the treadmill, riding the stationary bike, using the elliptical cross trainer, and lifting weights.

Now that you know where to go to get fit, get off the couch and walk yourself down to the Wellness Center to lift some weights. If you don't work out, who knows what could happen? Someone could grab you by your jock-strap and give you the wedgie of your life, you little girly man.

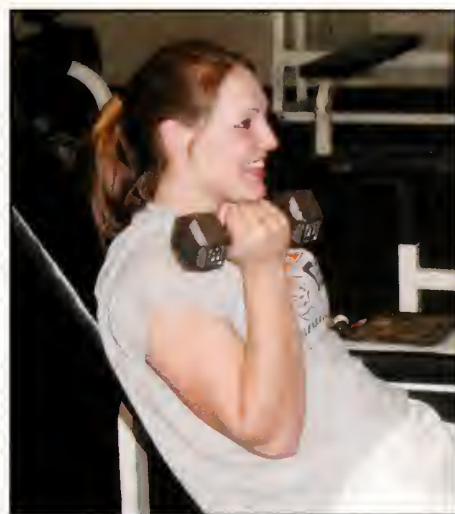
WELLNESS CENTER HOURS

Mon.-Thu. 6 a.m. - 8 p.m.

Fri. 6 a.m. - 6 p.m.

Sat. 8 a.m. - 12 p.m.

Sun. 3 p.m. - 7 p.m.



Left: Running on one of the four treadmills is a good cardiovascular workout for Mike Dome. **Right:** Shelby Bruey builds her biceps with dumbbell curls.

Health Facts

- Lack of physical activity is now clearly shown to be a risk factor for heart disease.
- Cardiovascular disease (CVD) is the No. 1 killer in America. About 960,000 Americans died of CVD in 1995, so CVD accounted for about 41.5 percent of all deaths.
- From 1950 to 2000, tobacco has killed more than 60 million people in developed countries alone, more than died in World War II.
- Herring and sardines are brain food.
- Potatoes must be treated with an anti-fungal agent, making them the most chemically contaminated food you can buy in America.
- Cholesterol is used by the body to repair the damage done by excessive glucose to arterial walls.
- Drinking excessive liquids with meals interferes with the digestive process by diluting stomach acid.
- Saturated animal fat contains a substance called conjugated linoleic acid (CLA), which is an anti-carcinogen and fat burner.
- The "bubbly" phosphoric acid in soda pop blocks absorption of calcium and magnesium in the intestines and thus contributes to fragile bones in children and osteoporosis in adults.
- Cigarette and tobacco smoke is one of the six major risk factors of heart disease that you can change, treat or modify. Smoking has been shown to lower HDL or "good" cholesterol levels.

Internet Sources:
<http://www.pitt.edu/~betten/diet/>
<http://www.justmove.org>
<http://www.who.int>

Monument of a Lifetime

Story and pictures by Helen Barrett and Rochelle Bohannon.

Who would have thought there could be so much meaning behind a simple amphitheater?

Some of the easiest sites to overlook hold some of the greatest meaning. This is especially true for the Calder Bonfy Amphitheater. The original design of the Brown Center, which opened for classes in August 1994 and was dedicated in September of 1995, included an amphitheater. However, due to the cost of the Brown Center, the amphitheater remained only a sculpted mound of dirt.

Then in the fall of 1999, work began on the amphitheater that was to be dedicated to Calder Bonfy, son of Director of Institutional Grants Connie Bonfy. The amphitheater has special meaning to the Bonfy family for more than just its name. The theater was designed for Calder, who died of Myotubular Myopathy at the age of 4. Myotubular Myopathy is a disease that affects all of the functions of the muscle

system. The disease makes it difficult for its sufferers to breathe and can become dangerous when the afflicted becomes ill with a cold or the flu.

Due to Calder's illness, he remained home with his father, Devon, while Connie was at work.

At home Calder enjoyed being read to and listening to music. His favorite song was "Twinkle, Twinkle Little Star" by Mozart, which he learned to play by age 2. Calder also had a love for nature, especially the stars. He had learned the names of all the planets and enjoyed the night walks he took with his father.

Being weak from his illness, Calder rode in a baby carriage during these walks

so the vast majority of what he saw was the sky.

All around the amphitheater visitors are reminded of Calder and his joys. The four stars that are positioned around the amphitheater are representative of his age and love of the celestial bodies. The chair designed by Gary Kahle plays "Twinkle, Twinkle Little Star." The actual design of the amphitheater was by Stan Herd, a family friend, who is famous for his landscape artwork. Sid Regnier, former vice-president of business services, laid all the stone work.

Today the amphitheater is used on many occasions. Musical talent from the area and even nationwide perform for Arts a la Carte lunch concerts. The stage was



Calder Bonfy died at the age of 4 of Myotubular Myopathy and is remembered today by the amphitheater dedicated in his name. (photo courtesy of Connie Bonfy)

A view of the amphitheater, which is used for a variety of outdoor programs.



also the site for an open mic night for students. The amphitheater was used for two memorial services after Sept. 11.

The amphitheater is a "special place, hopefully, for special things to happen and musical celebrations," said Connie Bonfy. "I would love to see someone get married there someday."

So the next time you cross the lawn area between Galle-Johnson and the Brown Center, remember it is more than grass and a stage. It holds special meaning for all those who contributed to its structure and the life it represents.



Brian Masters plays at the Calder Bonfy Amphitheater during an Arts a la Carte concert.



There are many people who do not know how to play the chair at the amphitheater. If you are one of these people who have tried to play the chair and just cannot figure it out, here are some instructions.

First, you have to be facing the back side of the chair. Face it, it just isn't played from the front. The taller bars are the lower notes and the shorter bars are the higher notes.

You're going to need something such as a hard (or metal) pen. Otherwise, you won't be able to hear the music.

Finally, just strike the notes that the chair tells you to. The bars are numbered from left to right, one through eight, and you strike the bars in sequence.

1,1 - 5,5 - 6,6,5 - 4,4 - 3,3 - 2,2 - 1

Now you know how to play "Twinkle, Twinkle Little Star" on the chair. Good luck in your future endeavors.

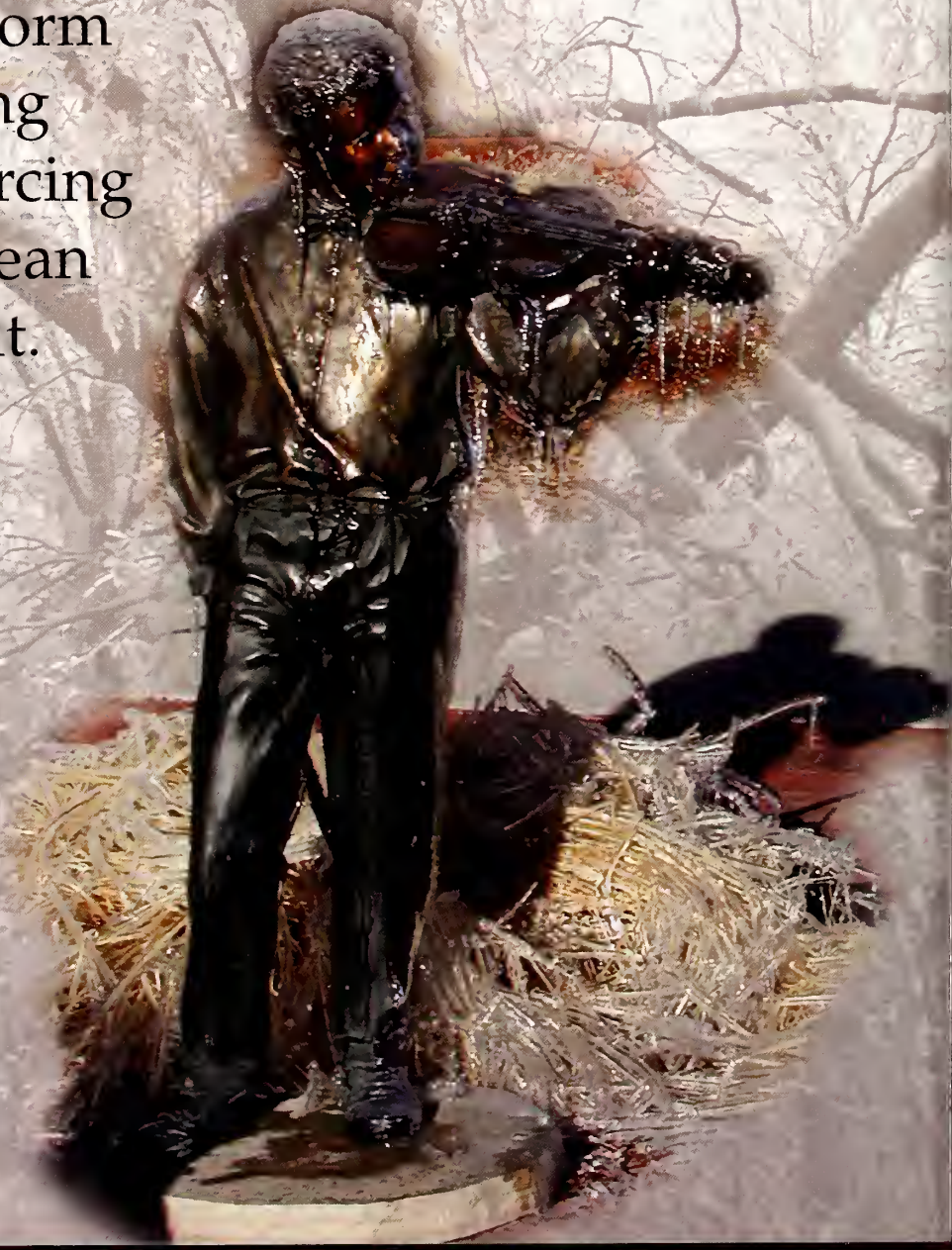


*This is a musical chair which can be played to play
"Twinkle, Twinkle Little Star"
1,1 - 5,5 - 6,6,5 - 4,4 - 3,3 - 2,2 - 1*



ICE BREAKER

A January ice storm leaves everything frozen solid...forcing the college to clean up and thaw out.



Late January ice storm shatters mild winter, leaving area powerless and classes canceled.

design by Janet Eastman copy by Amanda Hays

It seemed as though it was going to be a mild winter. There hadn't really been any snow to speak of and the temperatures were above normal. That all changed in late January.

The storm hit hard, taking Southern Kansas by surprise. It involved mostly ice, making for dangerous road conditions. The ice also collected on the trees, causing branches to break and fall.

"I've never seen anything like it in my entire life," sophomore Laura Ferguson said.

Many of the trees around the town were destroyed and the limbs ended up in the streets. The storm left many students' homes without electricity – some for more than two weeks. In Ark City, 3,300 people were still without power on Feb. 4. During this time those without power had to either stay with friends who still had electricity or revert back to times when there was none. This included not having warm water to shower. Since the campus gymnasium did have power and showers, it was open to the public for two days following the storm.

Some campus buildings were affected by the storm. The Brown Center had the control system for the temperature go out, causing the classrooms to be very chilly. Also there was a boiler motor

that burned out in the Kerr Technology Building.

The storm began on Tuesday, January 29, and continued through Wednesday, January 30, causing classes on Wednesday and Thursday, Feb. 1, to be cancelled. Classes were held on Friday, Feb. 2, everywhere except for the Wellness Center,

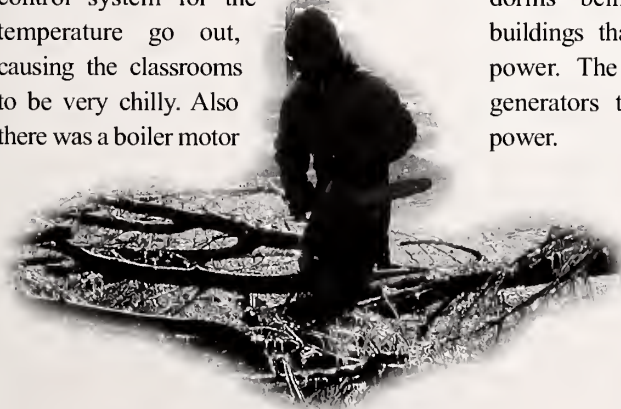
which was without power until that weekend. Although classes were in session, many students did not attend because of the poor road conditions.

The clean-up of the college took about a week, according to Maintenance Supervisor Rick Ratley. He said that although almost all campus trees were damaged, there was no major damage to any buildings. "We were lucky, I think. Others were hurt more badly than we were," Ratley said. Power was knocked out in some campus buildings for as long as a day and a half, with the dorms being the only buildings that didn't lose power. The dorms have generators to keep their power.

The clean-up dealt mostly with trees, with crews cutting off the limbs that had broken and picking up the ones that had fallen. The initial clean-up was completed within the first two days. Most other work was completed within a week.

Some Service Learning Central student volunteers helped by picking up tree limbs and helping with other clean-up projects around the community. "I thought it was really good to be able to help these people who were unable to clean up themselves," said SLC volunteer Kristy Ventle.

Photos by Amanda Hays and Helen Barrett.





Beat

Of The Road

Copy by Helen Barrett
Layout by Michelle Tapia

The music department had a late start on spring concert preparations for the semester. They were too busy packing their bags and heading out of town for some shows on the road.

The first of the musical talent to dare step off the Brown Center stage was the CC Singers, who traveled throughout the area on Valentine's Day by selling Singing Valen-grams to raise money for their April trip to Branson, Mo.

While in Branson, the CC Singers attended dance workshops conducted by Randy Booth, a member of the team that choreographed the opening ceremonies of the 2002 Winter Olympics. To prepare for their Branson performance at The National Show Choir Competition, the CC Singers rehearsed dance music from the movies of the past,

including *Fame*, *Footloose* and *A Chorus Line*. Former Cowley Danceline coach Lana Sleeper choreographed the performance.

Also stepping up to the traveling microphone was the Concert Choir, whose members hit the road to Wichita for the Kansas Music Educators' Association (KMEA) convention on Friday Feb. 22. Choir Director Connie Donatelli described the KMEA performance for state music teachers as "a humongous honor."

The last group to leave campus was the Jazz Band for its annual tour, which was a bit different from those of recent years because they had to leave the CC Singers behind. The tour, which usually features both groups, actually was planned to coincide with the Jazz Band's visit to Greeley, Colo., for the Greeley Jazz Festival. As in traditional jazz

tours, the band stopped to perform at various high schools on the way.

"We always have one or two schools that just react to us like rock stars," says director Gary Gackstatter. "And the whole place is just screaming and going nuts, and that's always real pleasant."

While the music department featured artists on the road, sometimes prominent artists include Cowley on their travel schedule. Such was the case when best-selling Noah benShea, author



of *Jacob the Baker*, performed with the Winfield Regional Symphony. Gackstatter, who directs the symphony, composed music to accompany benShea's reading. The symphony includes Cowley student-musicians. The performance on April 5 ended with a standing ovation.

Opposite page: Jon Plymell and Mike Dome jazz things up on percussion before leaving for a tour. (by Heather Benoit)

Top: Meghann Lanning, Matt Broderick, and Jaque Torrence deliver Singing Valen-grams. (by Niki Lee) **Left:** Noah benShea and Gary Gackstatter at a rehearsal with the Winfield Regional Symphony for *Jacob the Baker*. (by Helen Barrett) **Bottom left:** Concert Choir at KMEA in Wichita. (by Helen Barrett) **Bottom right:** CC Singers rehearse their routine for Branson. (by Angel Eastman)



Dancing to the music...

It was only their second year back on the sidelines, but the cheer squad lifted themselves above the competition in a hurry. They took first place in regionals and added individual awards for Bridgette Richardson and Matt Reid, who took third in stunting, and Jamie Yunk, who took second in tumbling.

The squad then moved on to the Collegiate Coed Division of the American Cheer and Dance United Performing Association competition held in Minneapolis, Minn. After taking third last year, the squad improved with a second place finish this year. Individual awards in coed stunting went to Bridgette Richardson and Matt Reid, placing second, Kate Grinnell and Tory Alexander, placing sixth, and Rikki Storm and Josh Bowker, who took sev-

enth.

With two squads composed mostly of freshmen, the Cowley Danceline had a productive year. A select group of Tigerettes traveled to Daytona Beach, Fla., to compete in this year's National Dance Alliance Collegiate National Championship. They took a strong routine, dancing to the beats of Janet Jackson and clad in leather.

Cowley had finished in the top four junior colleges in the past three years and maintained that record this year by placing second among the community colleges competing. The girls missed qualifying for Division II Finals by a heart-wrenching .07 of a point, but after spending an extra day to chill on the beach, they came home relaxed and proud.

Design and photos by Yvonne Hillman



The sophomore members of the Danceline perform their Michael Jackson mix routine for the crowd at halftime of a men's basketball game.

Alisha Miley, Kylee Williams, Lindsey Kliesen, Jordyn Rice, and Jessica Lowry smile as they finish the routine they performed at halftime. The girls danced to "Be My Baby Tonight."



2001-2002 Danceline

Laura Gore	Freshman
Lindsey Swaney	Freshman
Crystal May	Freshman
Erin Brown	Freshman
Sarah Stevens	Freshman
Mandy Abplanalp	Freshman
Jessica Lowry	Freshman
Kristin Dealy	Freshman
Lyndsey Schulte	Sophomore
Jennifer Sanderholm	Sophomore
Jessica Watts	Sophomore
Jennifer Cox	Sophomore
Tiffany Miller	Sophomore

2001-2002 Pom Squad

Chandra Bryant	Freshman
Taylor Flewelling	Freshman
Laura Stow	Freshman
Jordyn Rice	Freshman
Kylee Williams	Freshman
Lindsey Kliesen	Freshman
Alisha Miley	Freshman
Sarah Graves	Sophomore
Julie Cole	Sophomore
Tasha Torrez	Sophomore
Jennifer Kinyon	Sophomore
Trishel Riggs	Sophomore



Courtesy Photo

The whole squad takes a moment to celebrate a win at regional competition. The squad took home first at regionals and finished second place nationally.

2001-2002 Cheer Squad

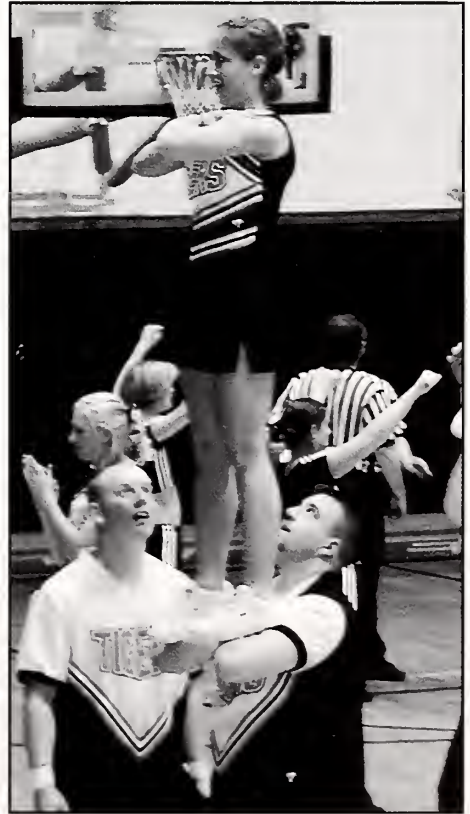
Trisha Hastings	Freshman
Katherine Kreidler	Freshman
Kate Grinnell	Freshman
Jamie Yunk	Freshman
Kristin Fleming	Freshman
Rikki Storm	Freshman
Amanda Allen	Freshman
Bridgette Richardson	Freshman
Casey Kinzie	Freshman
Kristie Walter	Freshman
Grahm Dickinson	Freshman
Danielle Burks	Sophomore
Frank Eddy	Sophomore
Matt Reid	Sophomore
Kirk Brown	Sophomore
Tanner Littrell	Sophomore
Josh Bowker	Sophomore
Tory Alexander	Sophomore



Katherine Kreidler pumps up the crowd by performing a stunt on the sidelines during a basketball game.



Tory Alexander gives everyone a reason to sing "I Like Big Butts" while he performs the routine the squad took to nationals.



Bridgette Richardson and Matt Reid perform a genie lift while Kirk Brown spots.

Cheering for the Tigers

COWLEY

Roundball

The Tigers suffered a tough season-ending loss to Hutchinson in the Region VI tournament, but they still surpassed their critics' expectations. With only three returning players from the Mark Nelson-era, first-year head coach Randy Smithson proved to still have his winning ways. He led the Tigers to a second-place finish in the Jayhawk East and an opening-round victory in the Region VI Tournament.

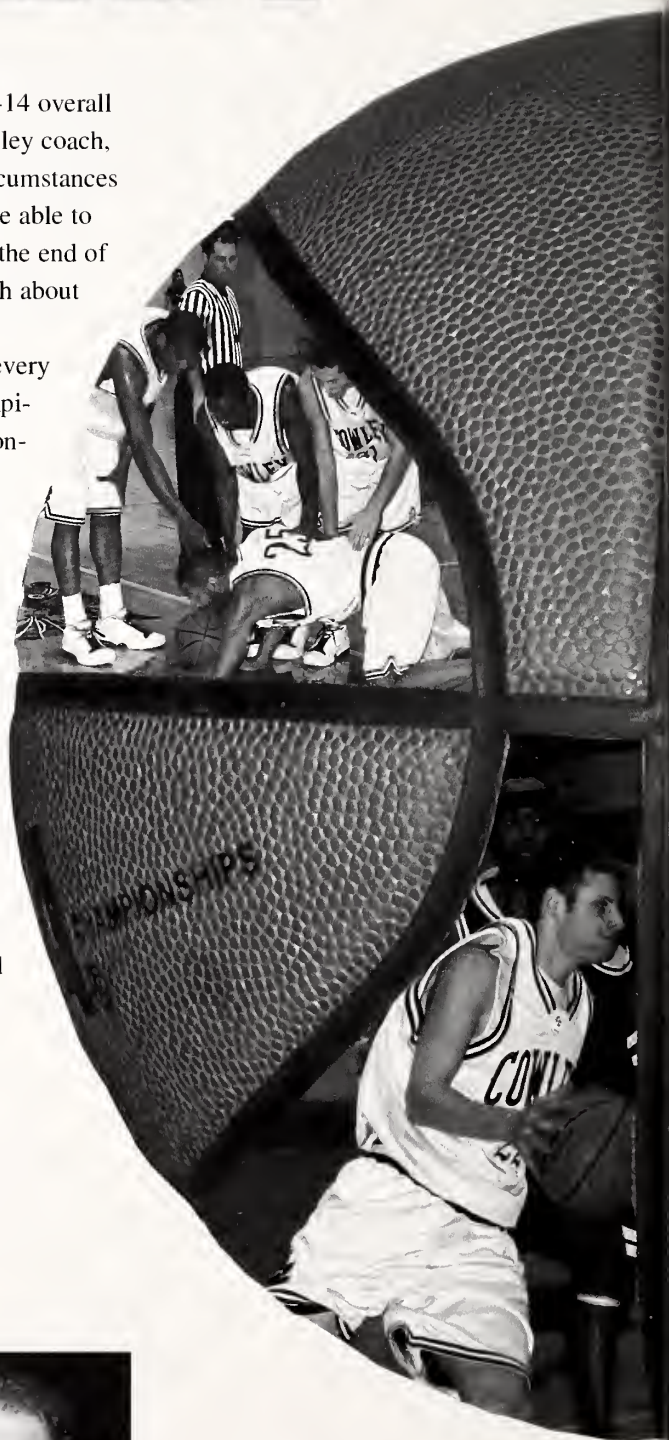
After ending the first semester with a 4-8 record, the Tigers were looking dismal at best heading into conference play. However, after coming back from Christmas break, the team seemed born again and posted the second-best record in the East at 13-5. Raymond Anthony set a school record by hitting 12 three pointers in one game.

The Cowley College men's team has not been able to reach the semifinals of the Region VI Tournament since the 1978-79 season. Ironically, that team was led by Randy Smithson while he was playing for coach Jerry Mullen.

When asked about his 18-14 overall record in his first year as Cowley coach, Smithson said, "Under the circumstances it turned out great and we were able to see our kids come together at the end of the season. I'm tickled to death about that."

He added, "Our mission every season is to compete for championships and move up in the conference." With an actual full year to recruit players, he said the outlook on next season looks as promising as ever.

A source of pride for the Tigers was playing two close games against Coffeyville, which eventually finished second in the national tournament. Freshman Francis Koffi expressed his thoughts on the upcoming season as "another chance to beat Coffeyville and earn the right to play at Hutchinson in mid-March."



ALL CONFERENCE



Raymond Anthony
Jayhawk East 1st Team

Gary Jackson
Jayhawk East 3rd Team



RANDY SMITHSON
ends first season back in the juco ranks with a career record of 318-94 (70.5 percent winning average)

TIGERS

Wrap-Up

by Scott Shaffer and Weston Almond
photos by Helen Barrett and Robin Burgardt

The Lady Tigers ended a championship season with a disappointing loss to Butler County during the quarterfinals of the Region VI tournament in Salina.

A highlight of the season was the game of Tiger revenge against Fort Scott on Feb. 20. The 59-35 win was to avenge a sour loss earlier in the season against Fort Scott. The earlier loss was the Lady Tigers' only conference setback.

"Beating Fort Scott stood as a season goal after we gave up a win to them. Of course, winning the Jayhawk East was our main priority," said Autumn Nichols.

Despite the season-ending Butler loss, the women still had plenty of reasons to be proud: a 28-4 record and a division championship, plus they were third nationally in defense, only allowing 47.3 points per game.

The Lady Tigers also led the conference in field goal percentage (47 percent). The team ranked in the top 25 nationally in team offensive average, and two women ranked nationally in individual statistics: sophomores Crystal Ashley and April Banks. Ashley ranked 23rd at two-point field goal accuracy by shooting 58.2 percent, and Banks ranked 14th in steals with 3.3 per game.

"We had a good year and it's something our freshman can build on for next year," said coach Darin Spence, who has an 81-9 conference record in his five years at Cowley.

Speaking of next year, the Lady Tigers recruited six new women to play for the defending Jayhawk East champions. Five of them are coming from Kansas, with one more coming from California.

Being ranked nationally as high as 12th this season marks the 18th consecutive year Cowley women have appeared among the top 20 in the NJCAA Division I rankings.

ALL CONFERENCE



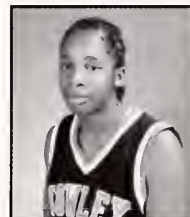
Trecha Kennedy
Jayhawk East MVP
Jayhawk East 1st Team



Autumn Nichols
Jayhawk East 2nd Team
Co-Freshman of the Year



Stephanie Shanline
Jayhawk East 2nd Team



April Banks
Jayhawk East 2nd Team

DARIN SPENCE

With another solid season, the fifth-year coach's record climbs to 144-20.



ENTERING *The Pulse*

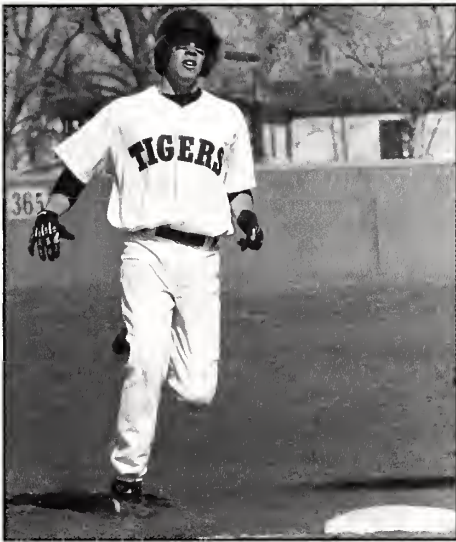
NEXT 2 EXITS

"Home of the Spring Sports Section"

Baseball - Softball - Tennis - Golf - Track

Destination . . .

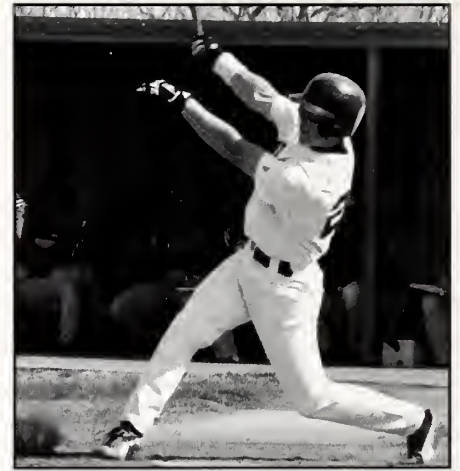
NJCAA CHAMPIONSHIPS



S. SUMMIT

At 1600 S. Summit Street, the City Ballpark is home to the Tiger baseball team. The Tigers' national pre-season ranking was 15th, based partly on the record of the 2001 team, which was 49-16. Another trip to the NJCAA World Series would suit the Tigers just perfect.

Left: Rusty Ryal rounds third against KCKCC. **Right:** John Urick swings for the fences during a game against Kansas City.



Upon entering Ark City, travel up and down Summit Street and you can catch a Tiger baseball game, or a Tiger tennis match. Turn onto Washington Street and see a Tiger softball game.

WASHINGTON



If the spring sports fever has you around Washington Avenue, check out the Lady Tigers' softball team in action. Coach Ed Hargrove and company are prepared for anything the Jayhawk Conference has waiting for them during the season. With only three returning players from last season the team looks for a lot of good freshman play to win another Jayhawk East title.

Left: Danielle Beran pitches against Neosho County. **Right:** Lacy Anstine hustles after hitting a single against Neosho County.



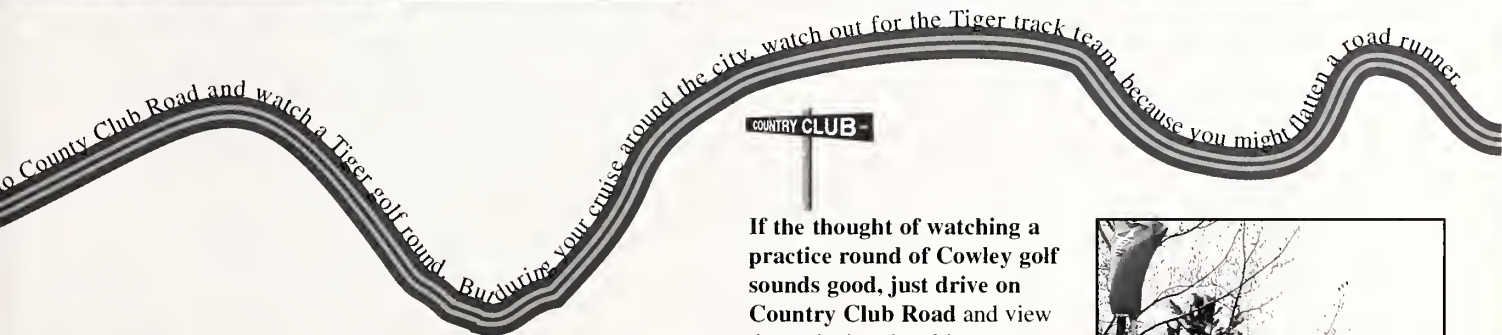
Spring sports were barely in full swing when *The Pulse* went to the printer. However, we were still able to travel the local streets for a few action shots.

MAPLE



Turn off of Summit Street on to Maple and you will find the practice and competing courts for the men's and women's tennis teams. Cowley has one All-American in Donata Majauskaite, who ranks first in NJCAA Division II women's tennis.

Far Left: Hatti Pringle Left: Aaron Paaanen Below: Donata Majauskaite Right: Dean Clower



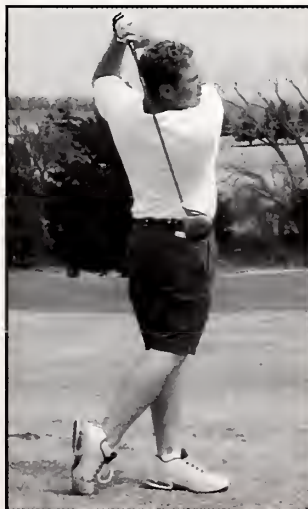
Since a new track won't be built until next year, the track team has practiced wherever they can – Ark City Middle School, Paris Park and anywhere between.

Below: Blake Holder jumps a hurdle at WSU.



If the thought of watching a practice round of Cowley golf sounds good, just drive on Country Club Road and view them playing the ultimate gentleman's game.

Below: Nathan Coats tees off. Right: Jesse Martin practices his chipping.



ALL

Spring play held Feb. 28 - March 2

features dramatic, tragic conclusion

MY

by Arthur Miller

SONS



Joe Keller tells his son Chris about the "good ol' days" when he was young.

Although the truth may be painful, hiding it can be more painful than the truth itself. In the spring production of *All My Sons*, the meaning of the truth proves to be more destructive than an illusion that the Keller family has lived by for three long years. The setting takes place on a Sunday in August of 1947. Chris Keller is longing to ask his childhood sweetheart, Ann Deever, to marry him, but a rough past and a horrible secret prevents them from living happily ever after.

Although the annual spring play is frequently a comedy, this year's performance was an abrupt dramatic shift. "*All My Sons* left me feeling powerful as an actor," said Mason Powell. "This show brought something to the Cowley stage that needed to be seen."

Both Chris's and Ann's fathers served time in jail for knowingly sending damaged plane parts to the war, causing the deaths of numerous soldiers. While Ann's father still serves his time, Chris' father Joe was pardoned. Chris believes his father had no part in the nasty business. When Ann's brother George comes to take her home, George accuses Joe of framing his father while Joe walks a free man. When Joe finally admits the truth, he can no longer live with what he has done, so he takes his own life.



Photos by
Mike Dome
and Emily
Gurnsey

Page design
by Michelle
Tapia

The Cast of *All My Sons*

Joe Keller	Mason Powell	Frank Lubey.....	Chris Fuller
Kate Keller.....	Amanda Krueger	Lydia Lubey.....	Rochelle Gibson
Chris Keller.....	Blake Stites	Bert.....	Boomer Saia
Ann Deever.....	Julie Cleveland	Radio VoiceOver.....	Ted Dvorak
George Deever.....	Dustin Standridge	Lovely Ladies Trio.....	Jen Buechter
Dr. Jim Bayliss.....	Dan Renard		Erica Call
Sue Bayliss.....	Emily Parman		Leann Hills

Timeline of Betrayal



The Lovely Ladies entertained at the beginning of each act with their song and dance act.



Ann Deever and Chris Keller enjoy a quiet afternoon under the family awning.



Joe Keller and George Deever discuss their differences of opinion about George's father.

Dr. Jim Bayliss lights one of his favorite pipes at the Keller house.



Chris and Joe argue over whether Ann can stay or whether she must leave.



Kate Keller comforts her son after Joe commits suicide.



What's your Couple IQ?

We surveyed four campus couples to see how well they know each other.



80%

**Matthew Broderick
and Dena Jolley**
Started dating on Nov. 4, 2000

WHAT IS HER / HIS FAVORITE MOVIE?

His answer: *The Princess Bride*

Correct answer: *The Princess Bride*

Her answer: *Moulin Rouge*

Correct answer: *Moulin Rouge*

WHAT IS HER / HIS FAVORITE SONG?

His answer: "Whenever You Come Around"

Correct answer: "Whenever You Come Around"

Her answer: Harry Connick Jr. songs

Correct answer: Harry Connick Jr. songs

WHERE DID YOU TWO MEET?

He says: The Cowley musical *Annie Get Your Gun*

Correct answer: *Annie Get Your Gun*

She says: *Annie Get Your Gun*

Correct answer: *Annie Get Your Gun*

WHEN IS HER / HIS BIRTHDAY?

His answer: June 1

Correct answer: June 1

Her answer: Oct. 11

Correct answer: Oct. 11

WHAT IS HER / HIS PET PEEVE?

His answer: When he embarrasses her in public.

Correct answer: When he's mean to her in front of people

Her answer: When she is clingy

Correct answer: Her being too clingy

WHAT IS HER / HIS FAVORITE MOVIE?

He says: *Center Stage*

Correct answer: *Bye Bye Birdie* or

Center Stage

She says: *Tombstone*

Correct answer: *Tombstone*

WHAT IS HER / HIS FAVORITE SONG?

He says:

"Good Morning Beautiful"

Correct answer: "Good Morning Beautiful"

She says: *The Dance*

Correct answer: *The Dance*

WHERE DID YOU TWO MEET?

He says: At a party

She says: At a party at Wes's house

Correct answer: At a party

WHAT IS HER / HIS PET PEEVE?

He says: Bad manners

Correct answer: Bad manners

She says: When she gripes about being fat

Correct answer: When she puts herself down

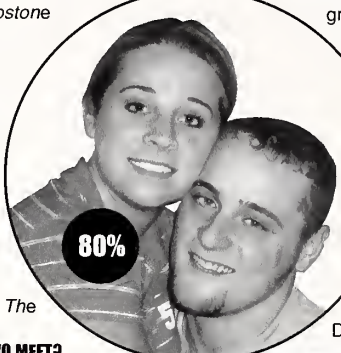
WHEN IS HER / HIS BIRTHDAY?

He says: Feb. 15

Correct answer: Feb. 15

She says: Dec. 16

Correct answer: Dec. 16



80%

**Isaac Hoskins
and Lyndsey Schulte**
Started dating on Sept. 5, 2001



Jeff Moye and Tiffany Miller
Started dating on March 17, 2001

WHAT IS HER / HIS FAVORITE MOVIE?

His answer: *Can't Buy Me Love*

Correct answer: *Can't Buy Me Love*

Her answer: Anything with Denzel Washington

Correct answer: Denzel Washington movies

WHAT IS HER / HIS PET PEEVE?

His answer: When he asks too many questions

Correct answer: Other people's driving

Her answer: He doesn't have one

Correct answer: Doesn't have one

WHAT IS HER / HIS FAVORITE SONG?

His answer: "November Rain"

Correct answer: "November Rain"

Her answer: Not just one favorite

Correct answer: Likes many songs

WHEN IS HER / HIS BIRTHDAY?

His answer: May 10

Correct answer: May 10

Her answer: Aug. 13

Correct answer: Aug. 13

WHERE DID YOU TWO MEET?

His answer: At a party.

Her answer: At a party.

Correct answer: At a party.

WHAT IS HER / HIS FAVORITE MOVIE?

He says: *Up Close and Personal*

Correct answer: *Up Close and Personal*

She says: *A Beautiful Mind*

Correct answer: *A Beautiful Mind*

WHAT IS HER / HIS PET PEEVE?

He says: When he puts himself down

Correct answer: When he puts himself down

She says: Putting herself down

Correct answer: When she puts herself down

WHAT IS HER / HIS FAVORITE SONG?

He says: She likes slow songs

Correct answer: "Ready for Love"

She says: He likes Brian McKnight

Correct answer: Brian McKnight songs

WHEN IS HER / HIS BIRTHDAY?

He says: Oct. 30

Correct answer: Oct. 30

She says: April 18

Correct answer: April 18

WHEN DID YOU TWO MEET?

He says: Halloween

She says: Halloween

Correct answer: Halloween

80%

Clay Toomey and Andrea Dinkel
Started dating Nov. 1, 2001



Are you two peas in a pod?

Answer each question with true or false. For every true answer give yourself 2 points and for a false give 0 points.

1. You have broadcast your most embarrassing moment to each other.
2. You inform one another of unwanted nose seepage.
3. Due to a make-out mania, you've missed the plot of a great flick.
4. You've survived at least one disastrous sob fest or a fight.
5. You've chewed each other's gum, even if it was ABC.
6. When you scan your daily horoscope, you check your honey's too
7. CRAZY! You've shared a telepathic moment.
8. You know one another's middle name.
9. You know each others ATM or PIN number.
10. You've lent each other, on occasion, a grubby t-shirt.
11. You've agreed on silly pet names for each other.
12. You both have a ticket stub in your wallet from the first flick you watched together.
13. You've purchased the CD with "your" song on it, even though the other tunes suck.
14. You're helping one another kick your bad habits.
15. You've checked out all the ticklish parts of your lover's body.

(22-30) Close Couple

You are a couple in love and it's easy to see you two have been through a lot together. You both understand each other completely but be careful not to cut all of your friends out of your life. When the relationship fizzles your friends will be there to pick you up.

(10-21) Sentimental Sweeties

You two sweltering hotties have just begun in the realm of cozy closeness, but don't forget to tell each other all about yourselves. Even though your steamy sessions are amazing, you have to have some emotional substance to make a relationship work. So be sure to tell each other everything about yourselves so when the passion dies you still have someone you love to talk to.

(1-9) Dynamic Duo

You two have just begun to fit, but you both are at the "I really like you too" stage. This is a great time because everything is new and different, so enjoy it. Don't worry about the new relationship jitters but relax, so the two of you will have some time to bond.



When the man makes the first move!

KISS? WHAT KISS?

Slow Sweetie: Maybe you have a perfect gentleman on your hands. To know for sure, replay the evening in your head. Did he open doors for you? Walk on the outside of the sidewalk? Inquire about your interests in general? A good-night kiss may not be part of his book of rules until the second date.

Parting Pals: If he offers you a high five on the back, it might be a sign that you haven't made a love connection (or he might be trying to copy cat Josh Hartnett and pull a *40 Days and 40 Nights* ordeal). But, you will probably still have a friendship unless he mutters "Hope you have a nice life" and then you may have seen the last of him.

SWIFT CHEEK JAB

Shy Guy: He could be a really bashful guy. He totally respects you as a person and he wouldn't dream of making a move that would make you squirm away. He wants to take things slow and maybe he has even tried to kiss you once or twice but chickens out. Maybe he leans in for a hug and gives you a peck, leaving you longing for more.

Adios Amigo: This could signal a kiss-off. He may have had a lousy time and just wants outta there, but afraid that he could hurt your feelings, he tries to do the polite thing. He applies a nanosecond of lip pressure somewhere in the vicinity of your face and could end up leaving you high and dry.

DELIRIOUS FACE SUCK

Hormonal Hunk: He might not be the most hormonally balanced guy but he is a good guy and wants to get to know you better. He could have intended on giving you a gentle kiss but as the big moment came, he got all caught up and placed a big wet one on the side of your face. He may be a super guy to get to know, but be careful because this boy can't completely control his hormones.

Pathetic Player: This guy is obviously a make-out maniac. He is only interested in the physical aspects of a relationship and has no need to get emotionally involved with anyone. He won't want to know you personally. He just wants to fool around and forget you.

TIGHT-MOUTH FUSE

Romantic Romeo: If this guy had his eyes open and he takes a second to moistens his lips before he plants one on you, he probably meant it. If he lingered on your lips a tiny bit more than needed or he gazed into your eyes starstruck afterward, he genuinely likes you and meant the kiss fully. If these are true you will definitely get a call from this boy again. He is already starting to fall for you.

Dutiful Departer: If this guy had his eyes open and dry lips, the character could be disinterested. He thinks kissing is a duty as a gentleman after taking you out. So he gives you an unenthusiastic kiss, like the ones he gives his aunt Ruth at the family reunions, and leaves.

Ideal Perfect Date

"My idea of the perfect date is to go out to dinner with a special guy and then possibly play a game of putt-putt golf, then end the night with a spontaneous, soft kiss."

*-Julie Cole
Sophomore*

"A girl who will go out with me and a group of my friends and be able to focus her attention on me instead of flirting with my friends the whole time."

-An Anonymous Sophomore

Turn-ons!

Females

1. The way a guy smiles
2. The way a guy smells when he wears cologne
3. A guy's fashion style

Males

1. Proper English
2. Dimples
3. Natural beauty

Turn-offs!

Males

1. Girls who smoke
2. Women's facial hair/leg hair
3. Girls who take control
4. Girls who talk about their ex-boyfriends

Females

1. Guys who use pick-up lines
2. Loud and obnoxious guys
3. Hairy guys
4. Sweet-talkers who think they are smooth

Taken from a random survey sample of Cowley students.

A Night to Remember

Page by Yvonne Hillman and Michelle Tapia



A lord and his lady, dressed in traditional Renaissance attire, enjoy dancing to one of the livelier tunes of the night.

With attendees ranging from 15 months to 93 years of age, the 10th annual Senior Senior Prom was a new experience for everyone. From the young in age to the young at heart, March 9 was a night everyone will remember.

In the last decade, the Senior Senior Prom has evolved from a small crowd, snacks, Kool-Aid and an RSVP, to an all-out formal event complete with live entertainment, a hand-served meal, and hundreds of attendees. Students and senior citizens alike were able to enjoy a unique evening with loved ones and friends.

"The senior citizens and the Cowley students mingled really well," said Tyson Johnson, a Service Learning Central volunteer.

Planning for such a large event began during the fall semester. Volunteers Learning Through Service, the campus organization that took on the task of organizing the evening, made a few changes this year. One of the most noticeable involved the dining arrangements. Instead of hosting a buffet, as had been done in the past, this year's dinner was hand-served by over 50 volunteers, which saved time and pampered over 500 guests.

Decorating the Agri-Business building proved to be a task in itself, but the

end result was impressive. There were castles, glitter, balloons, and a full backdrop behind the band to add a true renaissance feel. There was a knightly sword fight early in the evening that included full suits of armor, and some of those in attendance even dressed in traditional garb to fit the medieval theme and decorations.

Entertainment was provided by the Dance Katz of Wichita, who played a variety of music. Performances included everything from waltzes and two-steps to swing dances and salsa, keeping the dance floor full throughout the evening and leaving some Cowley students trying to keep up with the older guests.

Additional entertainment was provided by the Master of Ceremonies Larry Junker, who added fun facts, a few jokes and some door prizes to the night. The king and queen this year were crowned early in the evening, with the honors going to Ark City residents Elmer Morris and Charlene Nellsch.



This couple came dressed to match and took some time to enjoy each other's company to the tune of one of the many waltzes performed during the evening.



The youngest lady to attend Senior Senior Prom takes a moment to dance with her escort.



Kristy Ventle, Robyn Pincus, and Tamietra Starks take a prom-party pix.

The Poetry Corner

Page by Rochelle Bohannon



It's poetry for students, by students.

ALL YOUR OWN

Dance across the universe.

Use the stars as stepping stones.

Hum the music only you can hear.

This moment is all your own.

Take a planet in your arms.

Hold it tenderly.

Listen to its gentle whispers.

This moment is all your own.

When your feet ache from dancing

And your lips are sore from smiling,

I hope you lean against the horizon

And remember all the joy you bring.

-Katrina Segers

Often during empty moments, my mind wanders to you.
S You seem to fill thoughts, old and new.
U One chance meeting consumed what I perceived as perfection;
M In an instance you gave my life new direction.
M You run through every vessel and vein.
E At night I sit at my window, smoke a cigarette and listen to the passing train
Wondering if chance could bring us together once more.
R If not what was our short time together even for?

You burnt in my mind like the passionate fire at dawn.
N Years elapsed but your memory lives on.
I Why did you pick someone like me?
G When I close my eyes you're all I see.
H I'm satisfied if our hands never touch again,
T Even though it would cause me unbearable pain.
For a moment I was suddenly complete
S Because seeing in the eyes of your own soul is an inconceivable feat.

- Jennifer Brinkmeyer

MUSINGS

Many things in life I cannot understand.

Love being chief amongst them.

It can be borne from a glance

Or grow from infancy to harvest over years

Yet, more oft than not, it dies horribly.

But for you, I promise to do anything

This love will outlast the world

Mi alma de amor, mon cherie,

My love, my friend.

-Mike Dykes

R-U-N AWAY

R-u-n away R-u-n away

No place to go No place to hide,

I've walked a 1,000,000 miles

Because I couldn't "cAtch a ride,"

Someone please help me [through]

Deep I love myself, even you,

Down

I'm tired of r-u-n-n-i-n-g

I don't want to hide,

I can't quit y.e.a.r.n.i.n.g

For my mom who died.

-Sandy Smithson

WISHES FOR A BEAUTIFUL LIFE

I wish you

Bunches of violets, a breeze through your hair, eyes as bright
as dew drops, people who care. Trees swaying gently, a kitten
to touch, fields full of clovers and daisies and such. Nights
filled with stars and plenty of dreams, days filled with laughter
and dancing sunbeams. I wish you a child's spontaneous hug, a
warm summer night lightning bugs. I wish you a barefoot run
in the grass, and friendly smiles from people you pass. Bright
colored leaves with fall in the air, your favorite book and a
rocking chair. Lots of wins for lots of tries and clouds full of
beautiful butterflies. I wish you a winter world of white, warm
gingerbread and a snowball fight, food when you're hungry,
rest when you tire, someone to talk to in front of a fire. A
springtime of flowers, and showers so light, a mountaintop
view of a world clean and bright. A talk with the Lord,
the touch of His hand,

His tender love, a walk in the sand,
An angel's sweet song, blue skies up above.
A year, and a Life of Joy in God's Love.

-William Weldin

WITHOUT YOU

I cannot live without you,
Well, living and breathing possibly,
But no real life would there be,
Because now life for me is you,
My heart whispers your name with each beat.
When our differences frighten me,
It is because I don't want to lose who I am,
But I'm not myself anymore anyway,
Because I am already a part of you,
I have no heart of my own anymore,
You own it.

If you weren't there anymore,
It would shatter into so many pieces
And be blown up into the wind,
And I would surely exist no more in any form,
Except your name whispered in the wind.

- Courtney Baker

UNTITLED

I think about you often
I dream about your smile
Just to see you everyday
I'd walk a thousand miles.

You brighten every day
When you look me in the eyes
You have a way of making me happy
So happy I could cry.

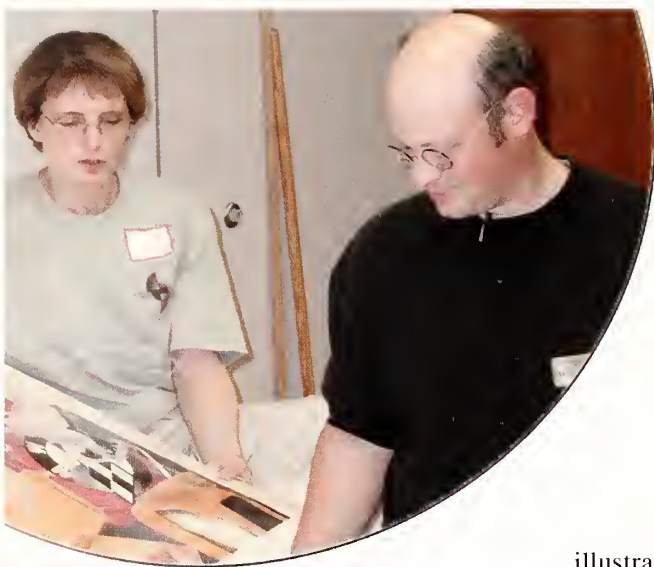
You have a way about you
That makes my knees go weak
It seems the love I have for you
Has finally reached its peak.

Please tell me you could love me
Maybe you feel the same
Say you get that feeling too
When someone says my name.

I hope we have a future
Let's give true love a try
Let me be your lucky girl
And you my lucky guy.

-Jordyn Rice





Creativity

...and a computer screen,
these days anything goes!

Once upon a time, fine art and computer art were two very distinct fields. Today that seems to be all in the past; within the last two years the canvas and computer have begun residing together happily ever after on the Cowley campus. This just adds to the process of creating art in different fashions and styles.

Zach Lind is a prime example of the collaboration of the arts. With the cooperation of classmate Andrew "Ace" Walker, he creates his ideas on both canvas and computer. His foundation of graphic design works in partnership with his ability to draw certain pieces, as shown within the

illustration below.

The required classes include specific ones such as Drawing I, Introduction to Computer Graphic Arts, and Painting, just to name a few. However, courses are different from last year because of changes in the curriculum. Most classes used to be for one or two credit hours. This year, though, three credit hours are incorporated with every art class, helping students meet NASAD (National Association School of Art and Design) and four-year university requirements.

With graphic art and fine art joining forces, the possibilities are endless, not to mention immense learning opportunities.

When asked about the collaboration between the two departments, freshman

Tracy Holroyd said, "When fine art and computer art are combined, it opens people up to new ideas."

Denise Irwin works with the graphic arts, while Mark Flickinger labors as the fine arts instructor. You will find Flickinger lurking around the Brown Center nursing his Mountain Dew while instructing his classes. Irwin teaches and works down in what she likes to call the "Grotto," also known as the basement of Galle-Johnson Hall.

With all of this collaboration of the arts, it would not be surprising if everyone wanted to frolic happily ever after in the land of arts and graphics. If nothing else, be sure to appreciate the wonderful art hanging up around the campus.

Graphics Art major Zachary Lind created this picture using his talents in drawing and computer graphics. Andrew "Ace" Walker acts as model.



on Canvas



Tracy Holroyd prepares her illustration for the majors show held in April.

Layout and copy by Scott Shaffer



Nate Rogers is shown here working diligently in Drawing I, taught by Mark Flickinger

SKIP

the boredom

GET

a job

One thing seems to be on every student's mind...MONEY! We asked a selection of students where they worked and how it works around their extra-curricular activities and school. Most students didn't want to admit it but they just love their jobs. Whether it is working with the heat (not your body pulse) or dealing with the noon campus cafeteria lunch rush, **A JOB IS A JOB!**

Copy by Michelle Tapia



Muscle Woman

Shausha Lee serves cookies in the Jungle. (photo by Michelle Tapia)

Shausha Lee *Cafeteria Help on Campus*

If you're a dorm resident, you probably see her every time you eat. Not in your food but in the college's cafeteria, that is. When she is not lifting weights at the Wellness Center, she is lifting dishes at the McAtee Dining Center. Shausha may take tickets or money, or she may serve food. "The dress code for working in the cafeteria is that you must have the company's t-shirt on," she says. "This job really works around my needs and I don't have to travel as far because it's near my dorm. The best thing, besides having extra money, is the hours and location."

Any Man of Mine

Jeremy Ballard puts together an everyday heater.

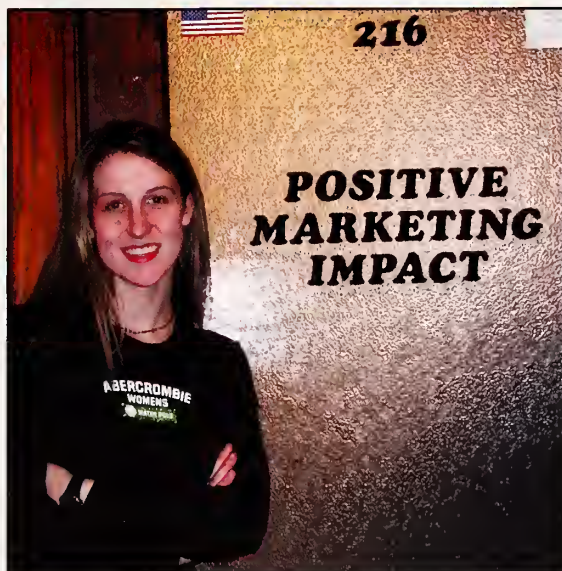
(photo by Helen Barrett)



Jeremy Ballard *Employee of Waldorf-Riley Heating & Cooling*

Is your room ever too hot or too cold? Well, we have the man for you. Jeremy is an expert on how hot or cold a room should be. "I really like working with people and helping keep their homes warm," he says. "I'm in AmeriCorps and my workplace knows when I can work and when I can't so they are flexible about when I need off." The dress code is a basic work shirt with jeans. "I use my money to buy new toys off the Internet and to pay off my set of wheels," he says. "I never have any problems getting to work. The best thing is the pay, flexible hours, and the people I work with."

Dena Jolley Positive Marketing Impact in Ark City



Smooth Operator

Dena Jolley has a positive attitude about her work place. (photo by Stacy Williams)

Take this job and...



We all know that there are jobs out there that everybody is embarrassed to mention that they have ever had. Here are some we were able to get our pulsing hands on.

Working in an arts and crafts store.
Tracy Holroyd, freshman

Working at a grocery store.
Amber-Dawn Curtis, sophomore

Working at Dairy Queen.
Josh Moyo, freshman

Working at Wal-Mart.
Justin Chesser, freshman

Sacking at a grocery store is the worst.
Andy Ramirez, sophomore

Working in a meat department.
Tommy Mounghnoroth, freshman

Working at Southwind.
Tiffany Snell, sophomore

Sgt. Dusty Helms Campus Security

Hold it right there! If you ever get stopped by this guy, don't worry – he won't bite. He'll just lay down the law. Sgt. Dusty Helms works two nights a week to help keep the dorms and the rest of campus safe. "I'm going to be a cop so this is a good learning experience for my future plans," he says. He works right on campus so his job is near his dorm, which makes traveling less expensive. "Our uniforms are a black polo shirt which includes our name, rank and our security patch. To complete the outfit you need to make sure you have black slacks and the official security belt. The best thing I can say about this job is that I'll be able to become a cop someday."



Show Me the Badge

Sgt. Dusty Helms displays the badge that goes with his campus security uniform.

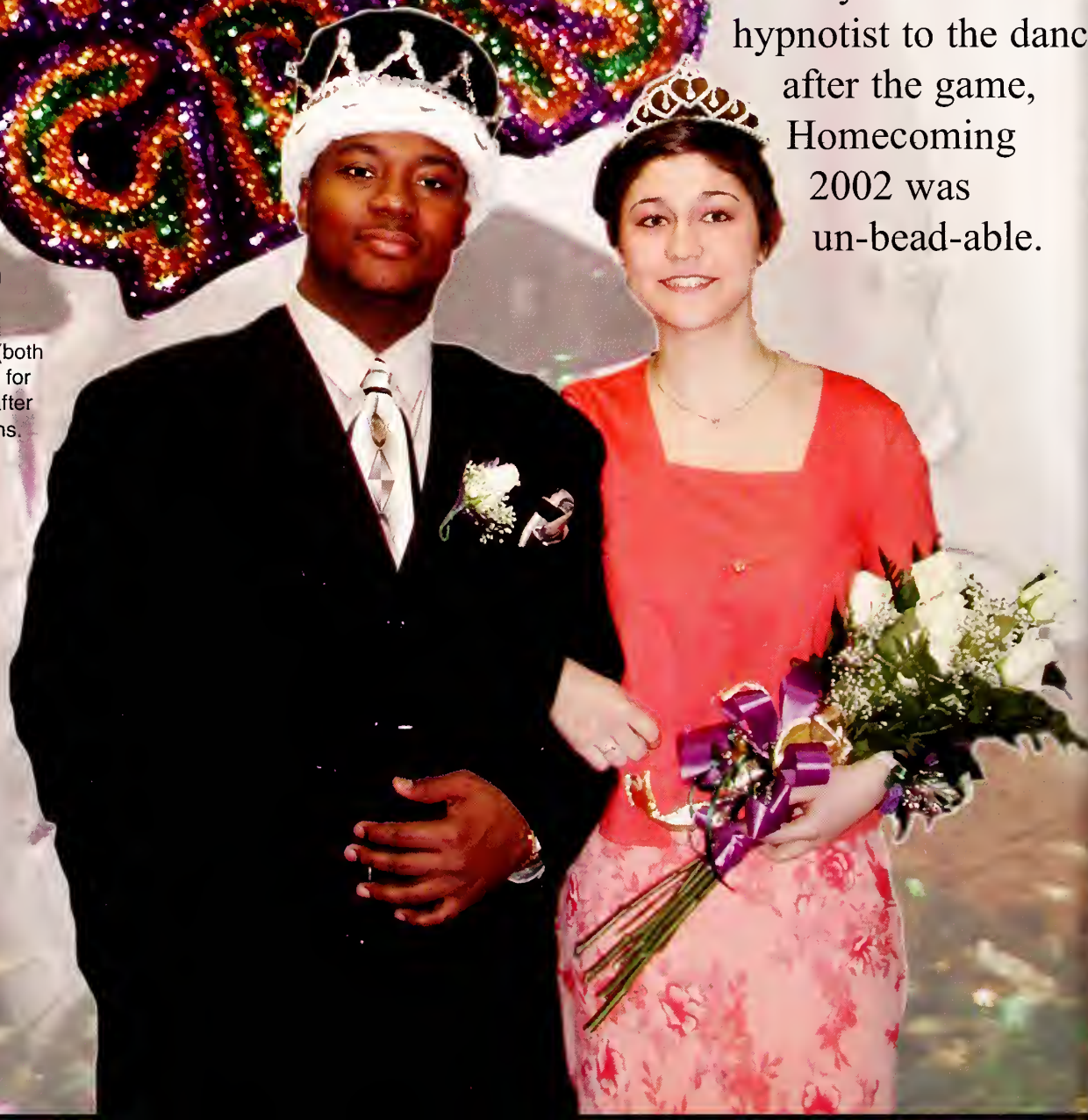
(courtesy photo)

Homecoming 2002

Page by Yvonne Hillman and photos by Helen Barrett

While one Mardi Gras was about to begin in New Orleans, Cowley students celebrated another of their own. With activities ranging from a visit by a widely known hypnotist to the dance after the game, Homecoming 2002 was un-bead-able.

2002 Homecoming King and Queen Carthon Diggs and Maggie Campbell (both sophomores) pose for a quick snapshot after winning their crowns.





Left: A group of Cowley students get down to the musical styling of Music Video To Go.



Right: J.T. Bonner and Tocarra Budd dance the night away and add a little of the Mardi Gras flavor to the dance with their masks.



With a theme like Mardi Gras, Homecoming was definitely exciting this year. Both the men and the women won their games – the women defeating Allen County 79-32, and the men winning 72-46.

The title of the King and Queen went to Carthon Diggs and Maggie Campbell, who is also the reigning Queen Alalah. They were crowned at halftime of the men's game. The dance was held later that

night in the Jungle with Music Video to Go providing the entertainment. Students could not only listen to the music, but watch the song's video playing on a projection screen as well.

Perhaps the most talked about event of the week, other than the games, was Frederick Winters' visit to the campus on Wednesday, Feb. 5. A well known hypnotist, Winters has hypnotized over 150,000 people in the United States.

Winters started off by putting volunteering students in a trance and told them to keep their fingers from touching their noses. He had them believing they all had tiny men stuck in their watches.

"It was fun being hypnotized," said Troy Nicks. "You kind of knew what you were doing, but your subconscious didn't realize it." Winters ended by having his volunteers perform an MTV style dance before bringing them all back to reality.

Photos by
Angel Eastman
and Robin
Burgardt



Left: Frederick Winters leads Troy Nicks into believing that Marcelo Dunning (who was also in a trance) was the pony he had always wanted for Christmas as they take a ride around the stage.



Top Left: Participants of one of Winters' acts try desperately to keep their fingers from touching their noses

Top Right: Troy Nicks and Shawn Hicks take a trip "down under." Troy, as the mommy kangaroo, gives his little joey, Shawn, a ride in his pouch.



Spring Break Bash



Students sign up for the ticket giveaway to see Incubus at the Kansas Coliseum in Wichita.

Melodie West tries out the parachute ride.



Abhhh! Spring finally came, and to help prepare students, radio station T-95 and some inflatable rides were part of the Spring Fling on campus March 13.

The Spring Fling was held after a free lunch that was given to students who vowed to stay safe over spring break. After lunch, the rides were aired up and ready between the Brown Center and Galle-Johnson Hall. There were three different inflatable games and rides: parachute simulator, an obstacle course, and a jousting area.

The day was going great, but it got better when T-95 showed up and gave away a pair of Incubus and Hoobastank tickets for the show in Wichita. The winner of the tickets was Jonelle Contreras.

The events were sponsored by the Student Government Association (SGA), Peers Advocating Wellness for Students (PAWS), and Impact. The event this year was a much larger success than last year with 247 signatures compared to last year's 134 signatures.



Trishel Riggs is playing with a puzzle Impact provided for the event.

Photos by Helen Barrett



The PULSE

Staff

Is this a clown car? How many Pulse staff members fit in a two-door '95 Saturn? Our record is 10. Why? We were taking time out of our busy schedule for a little fun. We were having so much fun we forgot to include Yvonne, so we had to do a little touching up later.

Even though procrastination is fun, it can prove to be almost life-threatening at deadline time. We drive our editors to the point of murder, but in the end we have a finished product and everyone is happy.



From left to right across the car: Rochelle Bohannon, Jesse Hibarger, editor Amanda Hays, graphic-editor Janet Eastman, Yvonne Hillman (added later), Amber Galloway, Jordyn Rice, photo editor Helen Barrett, and Michelle Tapia. Left to right in the car: Weston Almond and Scott Shaffer.

photo by Heather Benoit





